



Cheesy Ground Beef & Zucchini Stuffed Peppers

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups brown rice instant uncooked
- 1 lb ground beef lean
- 1.5 cups low-moisture part-skim mozzarella cheese divided kraft
- 1.5 cups classico family favorites pasta sauce divided traditional
- 1 large and pepper green red yellow seeded
- 1.5 cups water
- 1 small zucchini chopped

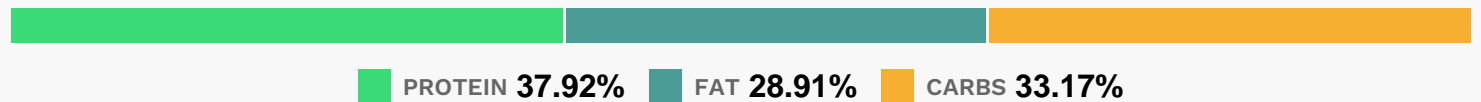
Equipment

- frying pan
- sauce pan
- grill
- aluminum foil

Directions

- Heat grill to medium-high heat.
- Brown meat in skillet; drain. Meanwhile, bring water to boil in large saucepan.
- Add rice; cover. Simmer 5 min.
- Remove from heat; let stand 5 min.
- Drain meat.
- Add to rice with zucchini and 1 cup each pasta sauce and cheese.
- Place 1 pepper half in center of each of 6 large sheets of heavy-duty foil; fill with meat mixture. Top with remaining sauce and cheese. Bring up foil sides.
- Add 1 Tbsp. water to each packet. Double-fold top and ends to seal each packet, leaving room for heat circulation inside.
- Grill 20 to 25 min. or until filling is heated through and peppers are crisp-tender.
- Cut slits in foil to release steam before opening each packet.

Nutrition Facts



Properties

Glycemic Index:1.84, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:2.006521716066%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 32.98kcal (1.65%), Fat: 1.04g (1.6%), Saturated Fat: 0.55g (3.46%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 2.51g (0.91%), Sugar: 0.36g (0.4%), Cholesterol: 7.77mg (2.59%), Sodium: 62.43mg (2.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Selenium: 3.07µg (4.39%), Zinc: 0.62mg (4.11%), Phosphorus: 39.48mg (3.95%), Vitamin B12: 0.23µg (3.85%), Vitamin B3: 0.77mg (3.83%), Calcium: 29.37mg (2.94%), Vitamin B6: 0.05mg (2.61%), Iron: 0.47mg (2.59%), Folate: 9.08µg (2.27%), Vitamin B1: 0.03mg (2.07%), Manganese: 0.04mg (2.06%), Vitamin B2: 0.03mg (1.91%), Potassium: 63.16mg (1.8%), Magnesium: 4.76mg (1.19%), Copper: 0.02mg (1.17%), Vitamin C: 0.94mg (1.14%), Vitamin A: 52.82IU (1.06%)