



Cheesy Lasagna Stuffed Peppers

READY IN



30 min.

SERVINGS



4

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 and orange peppers red
- ☐ 0.5 lb ground beef 80% lean (at least)
- ☐ 1 cup water hot
- ☐ 1.7 cups milk
- ☐ 1 box hawaiian rolls
- ☐ 1 oz mozzarella cheese shredded
- ☐ 1 serving pepper red crushed

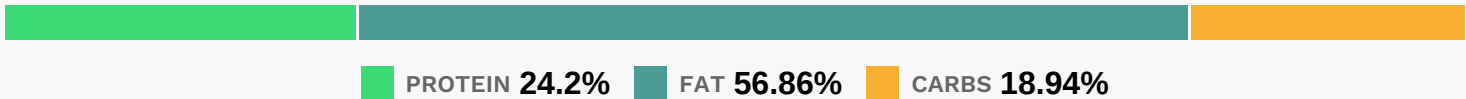
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375°F.
- ☐ Cut tops off peppers; discard tops.
- ☐ Remove seeds and membranes; discard.
- ☐ Place bell peppers on ungreased cookie sheet.
- ☐ In 10-inch nonstick skillet, cook beef over medium-high heat, stirring frequently, until brown; drain. Stir in hot water, milk, sauce mix and uncooked pasta (from Hamburger Helper box).
- ☐ Heat to boiling, stirring occasionally.
- ☐ Reduce heat. Cover; simmer 6 to 8 minutes, stirring occasionally, until pasta is tender.
- ☐ Remove from heat. Spoon mixture into peppers. Top each with 1 tablespoon cheese.
- ☐ Bake 15 to 20 minutes or until peppers are tender and cheese is melted.
- ☐ Sprinkle with red pepper flakes.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:3.42, Inflammation Score:-10, Nutrition Score:21.323912879695%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 259.33kcal (12.97%), Fat: 16.62g (25.56%), Saturated Fat: 7.26g (45.36%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 9.77g (3.55%), Sugar: 10.02g (11.13%), Cholesterol: 58.06mg (19.35%), Sodium: 138.21mg (6.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.91g (31.82%), Vitamin C: 152.33mg (184.64%), Vitamin A: 4086.75IU (81.74%), Vitamin B12: 1.92µg (32.07%), Vitamin B6: 0.6mg (30.23%), Phosphorus: 250.05mg (25%),

Zinc: 3.32mg (22.14%), Vitamin B2: 0.35mg (20.64%), Vitamin B3: 3.74mg (18.72%), Calcium: 183.16mg (18.32%), Selenium: 11.93µg (17.04%), Potassium: 572.12mg (16.35%), Vitamin E: 2.37mg (15.79%), Folate: 59.58µg (14.9%), Fiber: 2.68g (10.71%), Vitamin B5: 1.06mg (10.56%), Vitamin B1: 0.15mg (10.02%), Magnesium: 38.93mg (9.73%), Iron: 1.74mg (9.66%), Vitamin D: 1.2µg (8.02%), Manganese: 0.16mg (7.75%), Vitamin K: 7.86µg (7.49%), Copper: 0.07mg (3.57%)