



HEALTH SCORE

51%

Chili-Stuffed Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



5

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce canned tomatoes diced canned
- ☐ 1.5 teaspoon chili powder to taste (,)
- ☐ 16 ounce black beans drained and rinsed cooked well canned (or)
- ☐ 1.5 cup ears corn fresh
- ☐ 2 spring onion thinly sliced
- ☐ 1 jalapeno minced to taste ()
- ☐ 1 medium onion chopped fine
- ☐ 1 large portabello mushrooms diced

- ☐ 5 bell pepper red
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon paprika smoked

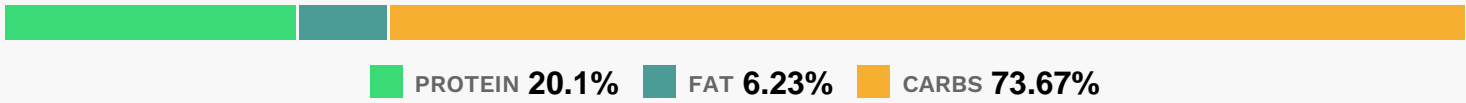
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat a large non-stick skillet or saucepan.
- ☐ Add the onion and cook, stirring often until it softens, about 4 minutes. (
- ☐ Add a splash of water as necessary to prevent sticking.)
- ☐ Add the mushrooms and jalapeno and continue to cook until mushrooms soften.
- ☐ Add black beans, corn, tomatoes, and seasonings. Cook for a few more minutes to allow most of the tomato liquid to cook off. Preheat oven to 400F. While the chili is cooking, prepare the peppers by cutting them in half through the stem end, removing the seeds and membranes, and rinsing the insides to make sure all the seeds are out. Check to see if they will stand upright, and if not, peel a strip off of the back side. Oil a baking dish big enough for the peppers (or line it with parchment paper). Fill each pepper half with the chili and place it in the baking dish.
- ☐ Bake until peppers are tender, about 40 minutes.
- ☐ Sprinkle each pepper with sliced green onions and serve hot.

Nutrition Facts



Properties

Glycemic Index:33.6, Glycemic Load:6.15, Inflammation Score:-10, Nutrition Score:25.697391198381%

Flavonoids

Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

Nutrients (% of daily need)

Calories: 225.32kcal (11.27%), Fat: 1.67g (2.57%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 44.49g (14.83%), Net Carbohydrates: 31.43g (11.43%), Sugar: 11.35g (12.61%), Cholesterol: 0mg (0%), Sodium: 621.62mg (27.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.14g (24.28%), Vitamin C: 162.67mg (197.17%), Vitamin A: 4606.27IU (92.13%), Folate: 221.26µg (55.31%), Fiber: 13.06g (52.24%), Manganese: 0.68mg (33.76%), Vitamin B6: 0.54mg (26.82%), Vitamin B1: 0.38mg (25.31%), Magnesium: 99.08mg (24.77%), Potassium: 824.97mg (23.57%), Phosphorus: 226.74mg (22.67%), Iron: 3.47mg (19.28%), Vitamin B3: 3.34mg (16.72%), Vitamin K: 17.46µg (16.63%), Vitamin E: 2.39mg (15.94%), Copper: 0.3mg (15.22%), Vitamin B2: 0.22mg (13.1%), Vitamin B5: 1.15mg (11.55%), Zinc: 1.71mg (11.38%), Calcium: 71.75mg (7.17%), Selenium: 4.89µg (6.99%)