



Chili-Stuffed Peppers

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground beef 90% lean ()
- 10 ounces tomatoes diced green undrained canned
- 0.3 teaspoon ground pepper
- 16 ounces chili beans sauce undrained canned
- 1 teaspoon chili powder
- 6 medium bell pepper green
- 0.5 cup onion chopped
- 0.3 teaspoon pepper

- 0.5 teaspoon salt
- 0.8 cup cheddar cheese shredded

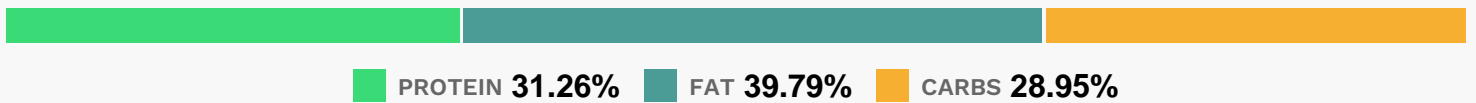
Equipment

- frying pan
- oven
- baking pan

Directions

- Cut tops off peppers and remove seeds.
- Place peppers in a large kettle and cover with water. Bring to a boil; cook until crisp-tender, about 3 minutes.
- Drain and rinse in cold water; set aside.
- In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain.
- Add the beans, tomatoes, chili powder, salt if desired, pepper and cayenne. Bring to a boil. Reduce heat; cover and simmer for 5 minutes.
- Spoon meat mixture into peppers; place in an ungreased 3-qt. baking dish. Cover and bake at 350° for 20-25 minutes or until heated through.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:0.74, Inflammation Score:-8, Nutrition Score:22.776086802068%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.62mg, Luteolin: 5.62mg, Luteolin: 5.62mg, Luteolin: 5.62mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

Nutrients (% of daily need)

Calories: 302.59kcal (15.13%), Fat: 13.46g (20.71%), Saturated Fat: 5.98g (37.4%), Carbohydrates: 22.04g (7.35%), Net Carbohydrates: 15.99g (5.81%), Sugar: 8.59g (9.55%), Cholesterol: 63.26mg (21.09%), Sodium: 961.33mg (41.8%), Alcohol: 0g (100%), Protein: 23.79g (47.59%), Vitamin C: 102.41mg (124.13%), Vitamin B6: 0.84mg (41.85%), Zinc: 5.91mg (39.42%), Phosphorus: 358.24mg (35.82%), Vitamin B12: 1.83µg (30.47%), Potassium: 919.61mg (26.27%), Vitamin B3: 5.08mg (25.42%), Selenium: 17.72µg (25.32%), Fiber: 6.06g (24.23%), Iron: 4.09mg (22.71%), Vitamin B2: 0.36mg (21.21%), Copper: 0.37mg (18.54%), Magnesium: 72.15mg (18.04%), Calcium: 163.7mg (16.37%), Vitamin A: 780.42IU (15.61%), Vitamin K: 12.03µg (11.46%), Folate: 45.57µg (11.39%), Manganese: 0.23mg (11.31%), Vitamin B1: 0.16mg (10.83%), Vitamin E: 1.42mg (9.49%), Vitamin B5: 0.7mg (7.02%), Vitamin D: 0.16µg (1.07%)