



Chorizo-and Goat Cheese-Stuffed Peppers

 Gluten Free

READY IN



53 min.

SERVINGS



1

CALORIES



1110 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound baby sweet red yellow
- ☐ 8 ounces mexican chorizo sausage soft
- ☐ 1 serving garnish: cilantro fresh chopped
- ☐ 4 ounces cream cheese softened
- ☐ 3 ounces goat cheese crumbled

Equipment

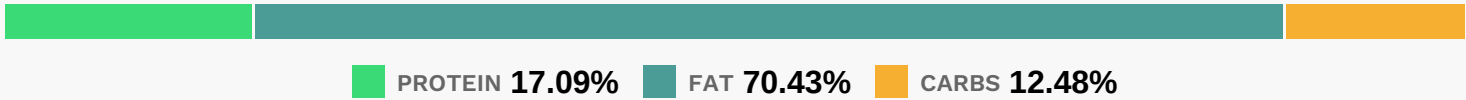
- ☐ frying pan
- ☐ baking sheet

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 42
- ☐ Line a baking sheet with aluminum foil.
- ☐ Cut about 1/4 inch from top of peppers to form a "boat." Seed peppers, if desired, and finely chop pepper tops.
- ☐ Combine chopped peppers and chorizo in a large nonstick skillet over medium-high heat. Cook, stirring occasionally, 8 minutes or until chorizo is browned.
- ☐ Drain well, if necessary.
- ☐ Add cheeses, stirring until well blended.
- ☐ Spoon or pipe sausage mixture into pepper boats.
- ☐ Place on prepared baking sheet, and bake 15 minutes or until cheese melts and peppers are tender.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:1.69, Inflammation Score:-10, Nutrition Score:30.254347697548%

Flavonoids

Luteolin: 4.63mg, Luteolin: 4.63mg, Luteolin: 4.63mg, Luteolin: 4.63mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 1109.62kcal (55.48%), Fat: 87.6g (134.77%), Saturated Fat: 53.72g (335.77%), Carbohydrates: 34.93g (11.64%), Net Carbohydrates: 30.85g (11.22%), Sugar: 5.02g (5.58%), Cholesterol: 313.66mg (104.55%), Sodium: 680.43mg (29.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.83g (95.67%), Vitamin C: 873.51mg (1058.8%), Vitamin A: 4458.27IU (89.17%), Copper: 1.13mg (56.43%), Vitamin B6: 1.04mg (51.92%), Phosphorus: 447.97mg (44.8%), Vitamin B2: 0.7mg (41.03%), Iron: 6.3mg (35.01%), Folate: 138.41µg (34.6%), Calcium: 324.75mg

(32.47%), Potassium: 1133.93mg (32.4%), Manganese: 0.63mg (31.43%), Vitamin B3: 4.51mg (22.53%), Vitamin B5: 1.99mg (19.87%), Magnesium: 78.27mg (19.57%), Selenium: 13.5µg (19.28%), Fiber: 4.09g (16.34%), Vitamin B1: 0.21mg (14.18%), Zinc: 2.12mg (14.14%), Vitamin E: 1.13mg (7.54%), Vitamin B12: 0.41µg (6.85%), Vitamin K: 4.22µg (4.02%), Vitamin D: 0.34µg (2.27%)