



## Classic Beef Stuffed Peppers

 Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 6 bell peppers – tops red seeds removed
- ☐ 3 eggs beaten
- ☐ 1 pinch ground pepper black
- ☐ 1.3 cups rice instant
- ☐ 1.5 pounds ground beef lean
- ☐ 0.3 cup onion finely chopped
- ☐ 1 teaspoon salt
- ☐ 6 tablespoons cheddar cheese shredded divided

- ☐ 2 cups meatless spaghetti sauce
- ☐ 1.5 teaspoons worcestershire sauce

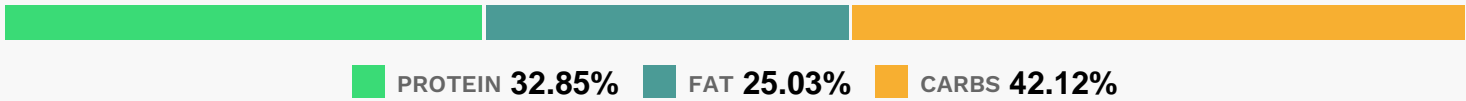
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bring a large saucepan of water to a boil, reduce heat to medium, and cook red bell peppers in the boiling water until slightly softened, about 5 minutes.
- ☐ Drain and rinse peppers with cold water.
- ☐ Stir eggs, 3 cups of spaghetti sauce, instant rice, onion, salt, Worcestershire sauce, and black pepper together in a bowl. Crumble ground beef into the mixture and stir until ground beef is thoroughly combined with sauce and rice mixture.
- ☐ Stand peppers in a large baking dish and fill each pepper with beef mixture.
- ☐ Pour 2 cups spaghetti sauce over the peppers. Cover dish with aluminum foil.
- ☐ Bake in the preheated oven until peppers are tender, the filling is set, and an instant-read meat thermometer inserted into the middle of a pepper reads at least 160 degrees F (70 degrees C), 55 to 60 minutes. Uncover and top each pepper with 1 tablespoon Cheddar cheese.

## Nutrition Facts



## Properties

Glycemic Index:37.36, Glycemic Load:21.64, Inflammation Score:-10, Nutrition Score:32.01130437851%

## Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

## Nutrients (% of daily need)

Calories: 416.58kcal (20.83%), Fat: 11.52g (17.72%), Saturated Fat: 5.05g (31.55%), Carbohydrates: 43.61g (14.54%), Net Carbohydrates: 39.27g (14.28%), Sugar: 8.49g (9.44%), Cholesterol: 160.65mg (53.55%), Sodium: 962.81mg (41.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.01g (68.02%), Vitamin C: 158.73mg (192.39%), Vitamin A: 4284.89IU (85.7%), Selenium: 35.36µg (50.52%), Vitamin B6: 0.99mg (49.27%), Zinc: 7.28mg (48.54%), Vitamin B12: 2.83µg (47.1%), Vitamin B3: 8.86mg (44.3%), Phosphorus: 407.19mg (40.72%), Manganese: 0.67mg (33.5%), Vitamin B2: 0.5mg (29.26%), Potassium: 989.26mg (28.26%), Iron: 4.8mg (26.67%), Vitamin E: 3.71mg (24.76%), Vitamin B5: 2.13mg (21.29%), Folate: 84.36µg (21.09%), Fiber: 4.34g (17.37%), Magnesium: 66.95mg (16.74%), Copper: 0.31mg (15.55%), Calcium: 116.63mg (11.66%), Vitamin B1: 0.17mg (11.52%), Vitamin K: 8.84µg (8.41%), Vitamin D: 0.6µg (4.03%)