



Courgette & quinoa-stuffed peppers



Vegetarian



Gluten Free



Very Healthy



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 bell pepper red
- ☐ 1 zucchini thinly sliced quartered
- ☐ 500 g quinoa
- ☐ 85 g feta cheese crumbled finely
- ☐ 1 handful parsley roughly chopped

Equipment

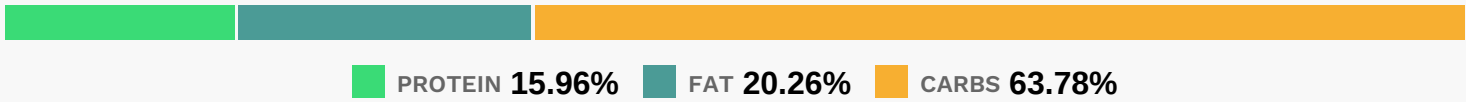
- ☐ frying pan
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Cut each pepper in half through the stem, and remove the seeds.
- ☐ Put the peppers, cut-side up, on a baking sheet, drizzle with 1 tbsp olive oil and season well. Roast for 15 mins.
- ☐ Meanwhile, heat 1 tsp olive oil in a small frying pan, add the courgette and cook until soft.
- ☐ Remove from the heat, then stir through the quinoa, feta and parsley. Season with pepper.
- ☐ Divide the quinoa mixture between the pepper halves, then return to the oven for 5 mins to heat through.
- ☐ Serve with a green salad, if you like.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:1.88, Inflammation Score:-10, Nutrition Score:41.52043484864%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 555.94kcal (27.8%), Fat: 12.68g (19.5%), Saturated Fat: 3.82g (23.88%), Carbohydrates: 89.79g (29.93%), Net Carbohydrates: 78.02g (28.37%), Sugar: 6.23g (6.92%), Cholesterol: 18.91mg (6.3%), Sodium: 257.74mg (11.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.47g (44.94%), Vitamin C: 162.42mg (196.87%), Manganese: 2.77mg (138.44%), Vitamin A: 4015.3IU (80.31%), Folate: 304.82µg (76.2%), Phosphorus: 693mg (69.3%), Magnesium: 273.89mg (68.47%), Vitamin B6: 1.13mg (56.3%), Fiber: 11.77g (47.09%), Vitamin B2: 0.73mg (42.65%), Copper: 0.79mg (39.6%), Vitamin B1: 0.57mg (37.99%), Iron: 6.61mg (36.7%), Vitamin E: 5.03mg (33.56%), Zinc: 4.95mg (33.01%), Potassium: 1101.45mg (31.47%), Vitamin K: 24.72µg (23.54%), Selenium: 14.03µg (20.04%), Calcium: 181.06mg (18.11%), Vitamin B3: 3.51mg (17.55%), Vitamin B5: 1.65mg (16.52%), Vitamin B12: 0.36µg (5.99%)