



Couscous-Stuffed Peppers with Basil Sauce

 Vegetarian

READY IN



75 min.

SERVINGS



4

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby spinach leaves packed chopped
- ☐ 0.3 teaspoon pepper black as needed freshly ground
- ☐ 1 cup garbanzo beans canned rinsed drained
- ☐ 0.8 cup couscous
- ☐ 4 ounces crème fraîche
- ☐ 0.3 cup currants dried
- ☐ 4 ounces feta cheese crumbled
- ☐ 1 cup basil leaves fresh packed

- ☐ 1 garlic clove coarsely chopped
- ☐ 2 teaspoons ground cumin
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 cup chicken broth low-sodium
- ☐ 0.3 cup olive oil extra-virgin plus more for drizzling
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 medium orange bell pepper
- ☐ 2 medium bell peppers red
- ☐ 0.3 teaspoon salt as needed
- ☐ 0.3 teaspoon sugar
- ☐ 1 tablespoon water
- ☐ 4 servings water hot as needed
- ☐ 1 medium bell pepper yellow

Equipment

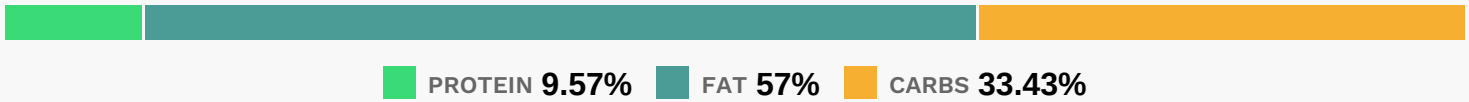
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Put an oven rack in the center of the oven. Preheat the oven to 400 degrees F.
- ☐ Filling: In a medium saucepan, bring the chicken broth and cumin to a boil over medium-high heat.

- ☐ Remove the pan from the heat and stir in the couscous. Cover the pan until the couscous is tender and all of the liquid has been absorbed, about 5 to 6 minutes.
- ☐ Put the couscous in a large bowl and add the beans, currants, spinach, feta and 1/4 cup olive oil. Season with salt and pepper, to taste. Stir until all the ingredients are combined.
- ☐ Slice the tops off the peppers and remove all the ribs and seeds. If necessary, cut a very thin slice from the base to help the peppers stand up. Stuff the peppers with the filling and drizzle the tops with olive oil.
- ☐ Put the peppers in an 8 by 8-inch square baking dish. Fill the baking dish with 3/4-inch hot water and bake until the filling is golden and the peppers are cooked through, about 55 to 60 minutes. Cooks
- ☐ Sauce: In a blender, combine the basil, creme fraiche, olive oil, water, garlic, lemon juice, sugar, salt, and pepper. Blend until smooth. Adjust the seasoning with salt and pepper, to taste.
- ☐ Remove the peppers from the oven and arrange on serving plates. Spoon the sauce around the peppers and serve.

Nutrition Facts



Properties

Glycemic Index:123.11, Glycemic Load:20.19, Inflammation Score:-10, Nutrition Score:28.702174134876%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 578.29kcal (28.91%), Fat: 37.61g (57.87%), Saturated Fat: 10.27g (64.19%), Carbohydrates: 49.65g (16.55%), Net Carbohydrates: 43.24g (15.72%), Sugar: 10.79g (11.99%), Cholesterol: 41.96mg (13.99%), Sodium: 640.82mg (27.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.2g (28.41%), Vitamin C: 174.02mg (210.93%), Vitamin A: 4196.81IU (83.94%), Vitamin K: 81.61µg (77.73%), Manganese: 0.99mg (49.39%), Vitamin B6: 0.74mg (37.15%), Vitamin E: 5.28mg (35.17%), Phosphorus: 275.71mg (27.57%), Vitamin B2: 0.46mg (26.81%), Fiber: 6.41g (25.64%), Calcium: 247.73mg (24.77%), Folate: 96.49µg (24.12%), Vitamin B3: 3.75mg (18.75%), Potassium:

624.24mg (17.84%), Copper: 0.35mg (17.33%), Iron: 3.1mg (17.23%), Magnesium: 68.23mg (17.06%), Vitamin B1: 0.2mg (13.52%), Zinc: 2mg (13.34%), Vitamin B5: 1.26mg (12.6%), Vitamin B12: 0.6µg (9.96%), Selenium: 6.63µg (9.47%)