



Czech Stuffed Green Peppers

 Gluten Free

READY IN



150 min.

SERVINGS



8

CALORIES



406 kcal

SIDE DISH

Ingredients

- ☐ 56 ounce tomatoes whole peeled canned
- ☐ 1 cup rice cooked
- ☐ 1 teaspoon marjoram dried
- ☐ 1 eggs
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 8 bell peppers green
- ☐ 0.5 teaspoon ground allspice
- ☐ 2 pounds ground beef lean

- ☐ 1 onion chopped
- ☐ 2 large onions chopped
- ☐ 1 teaspoon oregano dried
- ☐ 8 servings salt and pepper to taste
- ☐ 1 cup heavy whipping cream sour
- ☐ 0.3 cup vegetable oil
- ☐ 3 allspice whole
- ☐ 3 peppercorns whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ roasting pan
- ☐ immersion blender

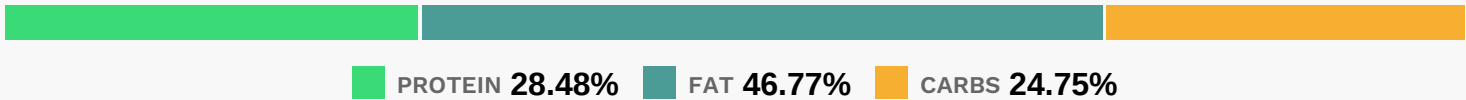
Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Cut tops off of peppers, and remove seeds and membranes from inside.
- ☐ In a skillet over medium heat, saute 1 chopped onion until tender. In a large bowl, combine ground beef, sauteed onion, cooked rice and eggs. Season with parsley, salt and pepper.
- ☐ Mix well, and stuff into peppers.
- ☐ Place in a large roasting pan.
- ☐ Heat oil in a large saucepan over medium heat,
- ☐ Saute 2 chopped onions until soft and translucent. Stir in tomatoes. Season with peppercorns, allspice berries, ground allspice, oregano, marjoram, salt and pepper. Cook on medium heat

for 15 to 20 minutes.

- ☐ Pour over peppers in roasting pan.
- ☐ Cover, and bake in preheated oven for 1 1/2 hours.
- ☐ Remove peppers, and transfer sauce to a blender, or use a hand blender. Puree sauce until smooth.
- ☐ Pour sauce back into pan, and reheat.
- ☐ Whisk in sour cream just before serving.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:7.41, Inflammation Score:-9, Nutrition Score:28.473043535067%

Flavonoids

Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg, Apigenin: 1.1mg Luteolin: 5.66mg, Luteolin: 5.66mg, Luteolin: 5.66mg, Luteolin: 5.66mg Isorhamnetin: 2.57mg, Isorhamnetin: 2.57mg, Isorhamnetin: 2.57mg, Isorhamnetin: 2.57mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 14.03mg, Quercetin: 14.03mg, Quercetin: 14.03mg, Quercetin: 14.03mg

Nutrients (% of daily need)

Calories: 405.55kcal (20.28%), Fat: 21.45g (33%), Saturated Fat: 7.16g (44.77%), Carbohydrates: 25.53g (8.51%), Net Carbohydrates: 20.4g (7.42%), Sugar: 10.78g (11.98%), Cholesterol: 107.73mg (35.91%), Sodium: 575.44mg (25.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.39g (58.78%), Vitamin C: 118.92mg (144.15%), Vitamin B6: 1.04mg (51.8%), Vitamin B12: 2.65µg (44.16%), Zinc: 6.57mg (43.8%), Vitamin B3: 8.41mg (42.04%), Vitamin K: 42.15µg (40.14%), Selenium: 24.44µg (34.91%), Phosphorus: 343.07mg (34.31%), Potassium: 1107.3mg (31.64%), Iron: 5.44mg (30.24%), Manganese: 0.5mg (24.87%), Vitamin B2: 0.42mg (24.52%), Vitamin E: 3.09mg (20.57%), Fiber: 5.13g (20.52%), Vitamin A: 930.78IU (18.62%), Magnesium: 70.96mg (17.74%), Copper: 0.35mg (17.48%), Vitamin B1: 0.24mg (16.01%), Vitamin B5: 1.41mg (14.06%), Calcium: 135.8mg (13.58%), Folate: 49.54µg (12.38%), Vitamin D: 0.22µg (1.49%)