



## Dad's Stuffed Bell Peppers



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.5 cup rice raw white cooked (from)
- ☐ 4 bell peppers
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 1 medium onion yellow peeled chopped
- ☐ 1 clove garlic peeled chopped
- ☐ 1 pound ground beef lean
- ☐ 1 cup canned tomatoes fresh canned chopped (if using can, drain of excess liquid first)
- ☐ 1 tablespoon oregano dried fresh chopped

- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 cup catsup
- ☐ 0.5 teaspoon worcestershire sauce
- ☐ 1 Dash all the tabasco sauce you handle

## Equipment

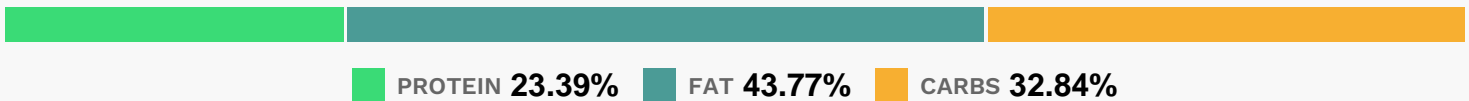
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ wooden spoon

## Directions

- ☐ Cook the rice: If you are starting with raw rice, you'll need to cook it first. Cook the rice following the directions on the rice package.
- ☐ Cut the tops off of the bell peppers about 1/2 inch to 1 inch from the stem end and remove the seeds. (Save the extra bits of bell pepper for another dish such as Ground Turkey and Peppers.)
- ☐ Place a steaming rack in a large pot and add enough water to cover the bottom of the pan by an inch.
- ☐ Place the bell peppers on the rack, cut side up, and bring the water to a boil. Cover the pot and let the peppers steam for 5 to 10 minutes until they start to soften.
- ☐ Note that you can skip the steaming if you want, but this step will help ensure that the peppers cook through thoroughly when they are stuffed and baked.
- ☐ Sauté onions and garlic: Preheat oven to 350°F.
- ☐ Heat 4 tablespoons of the oil in a large skillet over medium heat.
- ☐ Add onions and cook, stirring often, until soft and translucent, about 5 minutes.
- ☐ Add the garlic and cook a minute more.

- ☐ Add the meat, cooked rice, cooked onions, tomatoes, oregano, salt, and pepper to a large bowl.
- ☐ Mix everything together with your hands or a wooden spoon, just enough so that the ingredients are all well distributed. Do not over-mix.
- ☐ Stuff the peppers:
- ☐ Drizzle remaining 1 tablespoon of olive oil inside the peppers. Arrange the cut side of the peppers up in a baking dish, then stuff peppers with filling.
- ☐ Combine ketchup, Worcestershire sauce, Tabasco sauce, and 1/4 cup of water in a small bowl, then spoon over filling.
- ☐ Add 1/4 cup of water to the baking dish.
- ☐ Place in 350°F oven and bake for 40–50 minutes (or longer, depending on how big the peppers are that you are stuffing), until the internal temperature of the stuffed peppers is 150–160°F.

## Nutrition Facts



## Properties

Glycemic Index:68.25, Glycemic Load:21.35, Inflammation Score:-10, Nutrition Score:31.530869266261%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

## Nutrients (% of daily need)

Calories: 484.32kcal (24.22%), Fat: 23.99g (36.9%), Saturated Fat: 5.15g (32.16%), Carbohydrates: 40.48g (13.49%), Net Carbohydrates: 35.43g (12.88%), Sugar: 15.38g (17.09%), Cholesterol: 70.31mg (23.44%), Sodium: 1025.88mg (44.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.84g (57.69%), Vitamin C: 161.53mg (195.79%), Vitamin A: 4033.75IU (80.67%), Vitamin B6: 1.04mg (52.01%), Vitamin B3: 8.9mg (44.52%), Zinc: 6.67mg (44.46%), Vitamin B12: 2.54µg (42.34%), Vitamin E: 6.17mg (41.15%), Selenium: 25.18µg (35.98%), Manganese: 0.71mg (35.42%), Phosphorus: 319.93mg (31.99%), Potassium: 994.31mg (28.41%), Vitamin K: 29.12µg (27.74%), Iron: 4.92mg (27.32%), Vitamin B2: 0.39mg (22.88%), Folate: 81.07µg (20.27%), Fiber: 5.05g (20.21%), Magnesium: 69.19mg (17.3%), Vitamin B5: 1.57mg (15.72%), Copper: 0.31mg (15.54%), Vitamin B1: 0.19mg (12.56%), Calcium:

79.62mg (7.96%)