



Di's Stuffed Green Peppers

 **Gluten Free**

READY IN



70 min.

SERVINGS



6

CALORIES



368 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce tomato sauce divided canned
- ☐ 16 ounce canned tomatoes chopped canned
- ☐ 1 clove garlic minced
- ☐ 6 bell peppers green seeds removed (reserve tops)
- ☐ 1 pound ground beef
- ☐ 1 pinch ground pepper black
- ☐ 0.5 cup onion chopped
- ☐ 1 dash pepper sauce hot tabasco® (such as)

- ☐ 1 teaspoon salt
- ☐ 1 cup mozzarella cheese shredded divided
- ☐ 0.5 cup water
- ☐ 0.5 cup rice long-grain white
- ☐ 1 teaspoon worcestershire sauce

Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Chop reserved green bell pepper tops and measure out 1/4 cup.
- ☐ Bring a pot of water to a boil; cook whole green bell peppers until slightly tender, about 5 minutes.
- ☐ Drain and season inside of bell peppers with a little salt.
- ☐ Heat a large skillet over medium-high heat. Cook and stir beef, onion, garlic, and reserved 1/4 cup chopped green bell pepper in the hot skillet until ground beef is browned and crumbly, 5 to 7 minutes; drain and discard grease.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Stir canned tomatoes and liquid, rice, 1/2 cup water, Worcestershire sauce, 1 teaspoon salt, hot sauce, and black pepper into ground beef mixture; bring to a boil. Reduce heat, cover skillet with a lid, and simmer until rice is tender, 15 to 18 minutes.
- ☐ Stir 3/4 the mozzarella cheese and 3/4 the tomato sauce into ground beef-rice mixture. Stuff bell peppers with ground beef-rice mixture; top each with remaining mozzarella cheese and tomato sauce. Arrange stuffed peppers in a baking dish. Cover dish with aluminum foil.
- ☐ Bake in the preheated oven until cooked through and cheese is melted, 30 to 35 minutes.

Nutrition Facts



 **PROTEIN 22.62%**  **FAT 48.05%**  **CARBS 29.33%**

Properties

Glycemic Index:45.03, Glycemic Load:10.4, Inflammation Score:-8, Nutrition Score:22.153043581092%

Flavonoids

Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg

Nutrients (% of daily need)

Calories: 368.25kcal (18.41%), Fat: 19.94g (30.67%), Saturated Fat: 8.4g (52.53%), Carbohydrates: 27.39g (9.13%), Net Carbohydrates: 22.92g (8.33%), Sugar: 8.41g (9.34%), Cholesterol: 68.42mg (22.81%), Sodium: 853.62mg (37.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.11g (42.23%), Vitamin C: 106.56mg (129.17%), Vitamin B6: 0.72mg (35.78%), Vitamin B12: 2.04µg (34.06%), Zinc: 4.35mg (28.99%), Vitamin B3: 5.36mg (26.79%), Manganese: 0.53mg (26.68%), Phosphorus: 266.71mg (26.67%), Selenium: 17.67µg (25.24%), Potassium: 807.85mg (23.08%), Iron: 3.52mg (19.54%), Vitamin A: 893.91IU (17.88%), Fiber: 4.47g (17.87%), Copper: 0.35mg (17.74%), Vitamin B2: 0.28mg (16.17%), Calcium: 161.03mg (16.1%), Vitamin E: 2.3mg (15.31%), Vitamin K: 15.78µg (15.02%), Magnesium: 54.95mg (13.74%), Vitamin B1: 0.19mg (12.69%), Vitamin B5: 1.03mg (10.27%), Folate: 35.59µg (8.9%)