



Easy Spinach Stuffed Peppers

READY IN



45 min.

SERVINGS



6

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 10.8 ounce campbell's® condensed cream of mushroom soup fat free 98% canned (Regular or)
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 1 teaspoon onion powder
- ☐ 0.3 cup parmesan cheese grated
- ☐ 3 medium pasilla peppers green red seeded cut in half lengthwise and
- ☐ 6 tablespoons mozzarella cheese shredded
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 4 cups herb seasoned stuffing pepperidge farm®

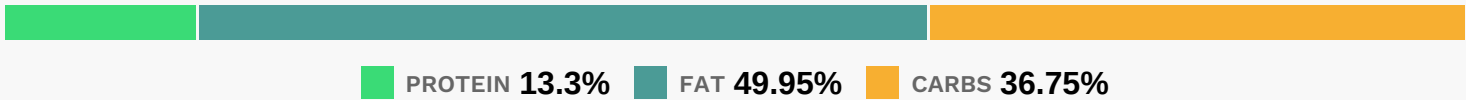
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the oven to 350 degrees F. Stir 1/2 cup stuffing and butter in a small bowl and reserve.
- ☐ Spray an 11x8x2-inch baking dish with the cooking spray. Arrange the pepper halves, cut-side up, in the baking dish.
- ☐ Stir the soup, sour cream, onion powder, spinach and Parmesan cheese in a large bowl.
- ☐ Add the remaining stuffing and mix lightly. Spoon about 1/2 cup spinach mixture into each pepper half.
- ☐ Sprinkle with the reserved stuffing mixture.
- ☐ Bake at 350 degrees F. for 30 minutes or until the spinach mixture is hot and bubbling. Top each with 1 tablespoon mozzarella cheese.
- ☐ Bake for 5 minutes or until the cheese is melted.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:0.26, Inflammation Score:-10, Nutrition Score:30.004347687182%

Flavonoids

Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 410.3kcal (20.52%), Fat: 23.14g (35.6%), Saturated Fat: 8.7g (54.39%), Carbohydrates: 38.32g (12.77%), Net Carbohydrates: 31.92g (11.61%), Sugar: 5.38g (5.98%), Cholesterol: 34.17mg (11.39%), Sodium: 1222.36mg (53.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.86g (27.73%), Vitamin K: 199.31µg (189.82%),

Vitamin A: 6491.64IU (129.83%), Selenium: 73.99µg (105.7%), Vitamin C: 50.69mg (61.44%), Manganese: 0.8mg (39.87%), Folate: 132.74µg (33.18%), Fiber: 6.4g (25.6%), Calcium: 244.3mg (24.43%), Vitamin E: 3.63mg (24.23%), Vitamin B2: 0.39mg (22.65%), Phosphorus: 200.74mg (20.07%), Vitamin B1: 0.28mg (18.72%), Magnesium: 67.7mg (16.92%), Iron: 3.01mg (16.75%), Copper: 0.31mg (15.68%), Vitamin B6: 0.31mg (15.37%), Vitamin B3: 2.99mg (14.94%), Potassium: 476.98mg (13.63%), Zinc: 1.97mg (13.1%), Vitamin B12: 0.53µg (8.87%), Vitamin B5: 0.41mg (4.12%)