



Fiesta Stuffed Peppers

 **Gluten Free**  **Dairy Free**

READY IN

ready

75 min.

SERVINGS

servings

6

CALORIES

calories

228 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 0.5 cup rice long-grain white cooked
- ☐ 1 eggs
- ☐ 1.5 pounds ground beef lean
- ☐ 1 onion finely chopped
- ☐ 1 orange bell pepper halved seeded
- ☐ 1 bell pepper red halved seeded
- ☐ 1.8 cups salsa divided
- ☐ 0.5 teaspoon salt

☐

1 bell pepper yellow halved seeded

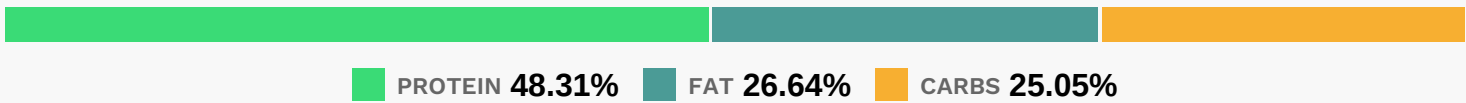
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.
- ☐ In a bowl, mix the cooked rice, beef, onion, egg, salt, and 1/2 cup salsa. Stuff orange, yellow, and red bell pepper halves with equal amounts of the rice mixture. Arrange pepper halves in the baking dish, and top with remaining salsa.
- ☐ Bake uncovered 1 hour in the preheated oven, until peppers are soft and filling has reached a minimum temperature of 160 degrees F (72 degrees C).

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:4.86, Inflammation Score:-9, Nutrition Score:22.436521571615%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 227.95kcal (11.4%), Fat: 6.73g (10.35%), Saturated Fat: 2.84g (17.78%), Carbohydrates: 14.23g (4.74%), Net Carbohydrates: 11.49g (4.18%), Sugar: 5.37g (5.96%), Cholesterol: 97.59mg (32.53%), Sodium: 779.36mg (33.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.44g (54.88%), Vitamin C: 89.96mg (109.05%), Vitamin B12: 2.61µg (43.42%), Zinc: 6.25mg (41.65%), Vitamin B6: 0.77mg (38.67%), Vitamin B3: 7.72mg (38.62%), Selenium: 23.84µg (34.06%), Vitamin A: 1685.6IU (33.71%), Phosphorus: 289.37mg (28.94%), Potassium: 755.29mg (21.58%), Iron: 3.47mg (19.3%), Vitamin B2: 0.29mg (16.81%), Vitamin E: 1.96mg (13.04%), Manganese: 0.25mg (12.65%), Vitamin B5: 1.23mg (12.27%), Magnesium: 47.76mg (11.94%), Fiber: 2.74g (10.96%), Folate: 39.43µg (9.86%), Copper:

0.19mg (9.31%), Vitamin B1: 0.11mg (7.6%), Vitamin K: 5.56µg (5.3%), Calcium: 46.16mg (4.62%), Vitamin D: 0.26µg (1.73%)