



Gemista (Greek Stuffed Tomatoes and Peppers)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



237 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup arborio rice
- ☐ 3 cloves garlic chopped ()
- ☐ 1 pound ground beef
- ☐ 0.5 cup herbs such as parsley chopped ()
- ☐ 2 tablespoons olive oil
- ☐ 1 onion diced ()
- ☐ 1 teaspoon oregano

- ☐ 8 peppers and/or tomatoes
- ☐ 8 servings salt and pepper to taste
- ☐ 1 cup tomato sauce (I used a simple roasted tomato sauce)
- ☐ 1 cup water

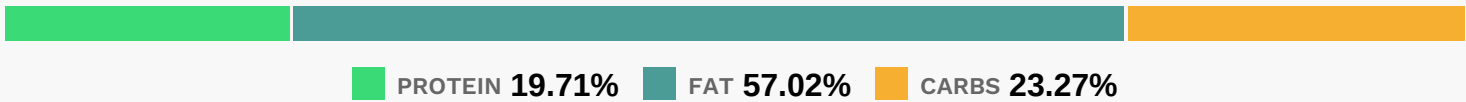
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cut the tops off of the peppers and tomatoes and remove the seeds from the peppers and the insides of the tomatoes reserving them.
- ☐ Heat the oil in a pan.
- ☐ Add the onions and saute until tender, about 10–15 minutes.
- ☐ Add the garlic and saute until fragrant, about a minute.
- ☐ Add the reserved tomato guts, tomato sauce and oregano and simmer until it thickens and remove from the heat.
- ☐ Mix the tomato sauce, herbs, rice, ground beef, salt and pepper.
- ☐ Stuff the mixture into the peppers and tomatoes and place them in a baking dish.
- ☐ Pour the water and olive oil into the baking dish.
- ☐ Bake in a preheated 375F oven until the liquid has evaporated and the peppers and tomatoes are roasted until slightly caramelized, about 1–2 hours.

Nutrition Facts



Properties

Glycemic Index:33.63, Glycemic Load:5.19, Inflammation Score:-8, Nutrition Score:15.806956441506%

Flavonoids

Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 236.66kcal (11.83%), Fat: 15.21g (23.39%), Saturated Fat: 4.94g (30.84%), Carbohydrates: 13.96g (4.65%), Net Carbohydrates: 10.92g (3.97%), Sugar: 4.56g (5.06%), Cholesterol: 40.26mg (13.42%), Sodium: 382.99mg (16.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.82g (23.65%), Vitamin C: 99.46mg (120.56%), Vitamin B6: 0.53mg (26.29%), Vitamin B12: 1.21µg (20.22%), Vitamin K: 20.64µg (19.66%), Zinc: 2.72mg (18.13%), Vitamin B3: 3.58mg (17.89%), Manganese: 0.32mg (15.76%), Selenium: 9.88µg (14.11%), Potassium: 489.28mg (13.98%), Phosphorus: 134.51mg (13.45%), Vitamin A: 656.66IU (13.13%), Iron: 2.27mg (12.62%), Fiber: 3.05g (12.18%), Vitamin E: 1.68mg (11.19%), Vitamin B1: 0.14mg (9.63%), Folate: 37.32µg (9.33%), Copper: 0.18mg (9.12%), Vitamin B2: 0.15mg (8.68%), Magnesium: 31.16mg (7.79%), Vitamin B5: 0.61mg (6.07%), Calcium: 39.47mg (3.95%)