



Gila's Stuffed Peppers with Goat Cheese



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



5

CALORIES



299 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 tsp allspice
- ☐ 5 servings olive oil extra virgin
- ☐ 8 oz goat cheese soft (or substitute feta)
- ☐ 1.5 tsp oregano fresh dry minced (or)
- ☐ 5 large bell pepper red
- ☐ 2 tsp sage fresh dry minced (or)
- ☐ 5 servings salt
- ☐ 1 tbsp sesame seed

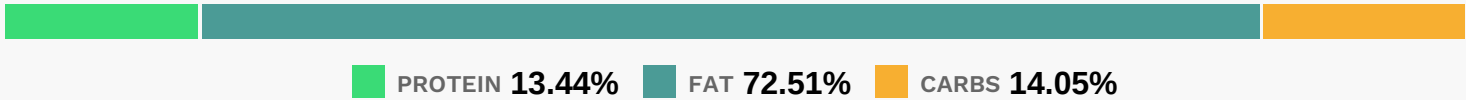
☐ 0.5 tsp thyme sprigs fresh dry minced (or a pinch of thyme)

Equipment

Directions

- ☐ Save Recipe
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- ☐ Gila's Stuffed Peppers with Goat Cheese
- ☐ Ingredients5 large red bell peppers10 tbsp (about 8 oz.) soft goat cheese (or substitute feta)Extra virgin olive oil1/4 tsp allspice2 tsp fresh minced hyssop (or ¾ tsp dry hyssop- see substitution note)2 tsp fresh minced sage (or ¾ tsp dry sage)1 1/2 tsp fresh minced oregano (or ½ tsp dry oregano)1/2 tsp fresh minced thyme leaves (or a pinch of dry thyme)1 tbsp sesame seeds
- ☐ Salt
- ☐ Servings: 5 side portions
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:26.4, Glycemic Load:2.15, Inflammation Score:-10, Nutrition Score:24.200434736584%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 299.39kcal (14.97%), Fat: 25.02g (38.49%), Saturated Fat: 8.8g (54.99%), Carbohydrates: 10.91g (3.64%), Net Carbohydrates: 6.93g (2.52%), Sugar: 7.32g (8.13%), Cholesterol: 20.87mg (6.96%), Sodium: 368mg (16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.44g (20.87%), Vitamin C: 210.1mg (254.66%), Copper: 2.86mg (143.15%), Vitamin A: 5617.06IU (112.34%), Vitamin E: 4.79mg (31.95%), Vitamin B6: 0.61mg (30.55%), Folate: 83.98µg (20.99%), Vitamin K: 20.64µg (19.65%), Manganese: 0.38mg (19.23%), Vitamin B2: 0.32mg (18.85%),

Phosphorus: 171.37mg (17.14%), Fiber: 3.97g (15.9%), Iron: 2.22mg (12.32%), Potassium: 378.13mg (10.8%), Calcium: 107.61mg (10.76%), Vitamin B3: 1.91mg (9.56%), Vitamin B1: 0.14mg (9.2%), Magnesium: 36.34mg (9.08%), Vitamin B5: 0.83mg (8.35%), Zinc: 1mg (6.66%), Selenium: 2.08µg (2.97%), Vitamin B12: 0.09µg (1.44%), Vitamin D: 0.18µg (1.21%)