



Golden Stuffed Peppers

READY IN



54 min.

SERVINGS



4

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups corn kernels frozen thawed
- ☐ 2 tablespoons basil fresh sliced
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 cup mushrooms sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 ounce preshredded parmesan cheese fresh
- ☐ 2 ounces provolone cheese shredded

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup tomatoes chopped (1 medium)
- ☐ 3 ounce bread whole wheat
- ☐ 4 bell peppers red yellow
- ☐ 2 cups zucchini diced (2 medium)

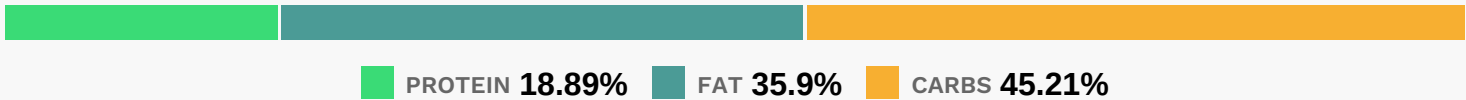
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1 cup. Set aside.
- ☐ Halve peppers lengthwise; discard seeds.
- ☐ Place pepper halves in a microwave-safe dish; microwave at HIGH 6 minutes or until peppers begin to soften.
- ☐ Preheat oven to 37
- ☐ Heat oil in a large skillet over medium heat; add garlic, and saut 30 seconds.
- ☐ Add zucchini and mushrooms; cook 5 minutes or until vegetables begin to soften.
- ☐ Remove from heat; stir in breadcrumbs, corn, and next 7 ingredients.
- ☐ Coat a shallow baking dish with cooking spray.
- ☐ Place pepper halves in dish; divide vegetable mixture evenly among peppers.
- ☐ Bake at 375 for 25 to 30 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:101.17, Glycemic Load:7.88, Inflammation Score:-10, Nutrition Score:26.852608794751%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 271.03kcal (13.55%), Fat: 11.56g (17.79%), Saturated Fat: 4.57g (28.58%), Carbohydrates: 32.76g (10.92%), Net Carbohydrates: 26.12g (9.5%), Sugar: 12.26g (13.63%), Cholesterol: 14.6mg (4.87%), Sodium: 784.42mg (34.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.69g (27.38%), Vitamin C: 171.09mg (207.39%), Vitamin A: 4444.71IU (88.89%), Vitamin K: 51.35µg (48.9%), Manganese: 0.88mg (44.11%), Folate: 121.46µg (30.37%), Vitamin B6: 0.6mg (30.13%), Phosphorus: 286.11mg (28.61%), Fiber: 6.64g (26.57%), Vitamin B2: 0.44mg (25.96%), Calcium: 257.04mg (25.7%), Vitamin B3: 4.27mg (21.36%), Potassium: 742.65mg (21.22%), Vitamin E: 2.82mg (18.83%), Selenium: 12.33µg (17.61%), Magnesium: 66mg (16.5%), Vitamin B1: 0.24mg (16.17%), Vitamin B5: 1.44mg (14.37%), Zinc: 1.99mg (13.27%), Copper: 0.23mg (11.73%), Iron: 2.02mg (11.25%), Vitamin B12: 0.3µg (5.03%), Vitamin D: 0.15µg (1.03%)