



## Greek Stuffed Tomatoes and Peppers (Yemista)

 Gluten Free

READY IN



105 min.

SERVINGS



12

CALORIES



366 kcal

SIDE DISH

### Ingredients

- 0.3 cup butter
- 1 clove garlic minced to taste
- 4 large bell peppers green
- 2 pounds ground beef chuck
- 1 tablespoon ground pepper black
- 0.5 cup olive oil
- 1 onion diced

- 1.5 cups converted rice (parboiled) (such as Uncle Ben's®)
- 1 tablespoon lawry's seasoned salt
- 2 tablespoons soya sauce
- 8 large tomatoes ripe
- 0.5 cup water

## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Cut off tops of tomatoes, leaving 1 corner still attached to create a lid. Scoop insides of tomatoes and transfer 'meat' to a large bowl; squeeze juices out of tomatoes.
- Cut off tops of green peppers and reserve for later use; scoop out seeds and membranes. Arrange tomatoes and bell peppers in a 11x17-inch baking dish.
- Preheat oven to 375 degrees F (190 degrees C).
- Heat butter in a large skillet over medium heat; cook and stir onion and garlic in the melted butter until softened, 5 to 10 minutes.
- Add ground chuck, soy sauce, seasoned salt, and black pepper to onion mixture; cook until ground chuck is browned and crumbly, 5 to 10 minutes.
- Mix squeezed tomato meat and water into browned chuck; bring to a simmer, about 15 minutes.
- Add rice and bring to a boil; remove skillet from heat. Spoon beef-rice mixture into tomatoes; place tops onto filled tomatoes and arrange them into the baking dish with lid sides down.
- Stuff bell peppers with beef-rice mixture and top with reserved lids; lay bell peppers sideways in the baking dish.
- Pour olive oil over stuffed tomatoes and bell peppers; season with salt and pepper.
- Bake in the preheated oven for 30 minutes. Turn bell peppers and continue baking until bell peppers and tomatoes are softened, about 30 more minutes.

# Nutrition Facts

PROTEIN 18.2% FAT 52.18% CARBS 29.62%

## Properties

Glycemic Index:21.93, Glycemic Load:12.83, Inflammation Score:-8, Nutrition Score:17.536956413932%

## Flavonoids

Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.59mg, Luteolin: 2.59mg, Luteolin: 2.59mg, Luteolin: 2.59mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

## Nutrients (% of daily need)

Calories: 366.11kcal (18.31%), Fat: 21.27g (32.73%), Saturated Fat: 8.6g (53.74%), Carbohydrates: 27.17g (9.06%), Net Carbohydrates: 24.18g (8.79%), Sugar: 4.98g (5.53%), Cholesterol: 63.84mg (21.28%), Sodium: 839.91mg (36.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.69g (33.38%), Vitamin C: 61.33mg (74.34%), Manganese: 0.56mg (28.02%), Vitamin B12: 1.63µg (27.1%), Vitamin A: 1334.1IU (26.68%), Vitamin B6: 0.52mg (26.17%), Zinc: 3.73mg (24.89%), Vitamin B3: 4.69mg (23.44%), Selenium: 15.01µg (21.44%), Phosphorus: 194.96mg (19.5%), Potassium: 642.6mg (18.36%), Vitamin K: 17.29µg (16.47%), Iron: 2.32mg (12.91%), Fiber: 3g (11.99%), Copper: 0.22mg (11.09%), Vitamin E: 1.57mg (10.46%), Magnesium: 40.69mg (10.17%), Vitamin B2: 0.17mg (10.08%), Vitamin B1: 0.13mg (8.8%), Folate: 33.32µg (8.33%), Vitamin B5: 0.81mg (8.12%), Calcium: 44.87mg (4.49%)