



Greek-Style Stuffed Peppers

READY IN



70 min.

SERVINGS



6

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 0.5 cup bulghur
- 1 eggs lightly beaten
- 0.3 cup feta cheese crumbled
- 1 pound ground beef lean
- 1 cup onion minced
- 0.5 teaspoon oregano dried
- 3 bell peppers red halved lengthwise
- 0.5 teaspoon salt

- 10 ounce pkt spinach frozen dry thawed chopped
- 29 ounce stewed tomatoes low-sodium finely chopped canned
- 2 cups zucchini grated

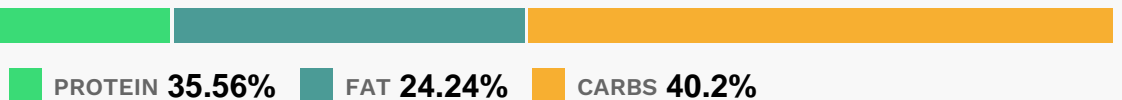
Equipment

- bowl
- oven
- baking pan
- aluminum foil

Directions

- Preheat the oven to 350 degrees F.
- In a large bowl combine the beef, spinach, zucchini, onion, bulghur, egg, oregano, salt and a few grinds of pepper.
- Mix until thoroughly combined.
- Arrange the pepper halves cut side up in a 9 by 13-inch baking dish and fill each pepper half with the meat mixture.
- Pour the tomatoes over the peppers and sprinkle with the feta cheese. Cover with foil and bake for 30 minutes. Uncover and bake until the meat mixture is completely cooked and the peppers are tender, about 25 minutes longer.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:4.69, Inflammation Score:-10, Nutrition Score:35.684347702109%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

Nutrients (% of daily need)

Calories: 259.22kcal (12.96%), Fat: 7.3g (11.23%), Saturated Fat: 3.21g (20.04%), Carbohydrates: 27.24g (9.08%), Net Carbohydrates: 20.15g (7.33%), Sugar: 9.88g (10.97%), Cholesterol: 81.57mg (27.19%), Sodium: 695.68mg (30.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.1g (48.19%), Vitamin K: 185.68µg (176.83%), Vitamin A: 7801.46IU (156.03%), Vitamin C: 98.96mg (119.95%), Manganese: 0.98mg (48.84%), Vitamin B6: 0.76mg (38.16%), Zinc: 5.24mg (34.92%), Vitamin B3: 6.86mg (34.32%), Folate: 131.17µg (32.79%), Phosphorus: 317.16mg (31.72%), Vitamin B12: 1.9µg (31.66%), Iron: 5.52mg (30.68%), Potassium: 1047.64mg (29.93%), Selenium: 20.87µg (29.81%), Vitamin B2: 0.49mg (28.85%), Fiber: 7.09g (28.35%), Magnesium: 107.98mg (27%), Vitamin E: 3.84mg (25.63%), Copper: 0.37mg (18.59%), Calcium: 183.75mg (18.38%), Vitamin B1: 0.24mg (16.31%), Vitamin B5: 1.31mg (13.1%), Vitamin D: 0.26µg (1.7%)