



Green Bell Peppers stuffed with Tomato Lentil Couscous

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



595 kcal

SIDE DISH

Ingredients

- 6 cloves garlic minced
- 1 bell pepper green chopped
- 5 bell peppers green
- 2 pounds ground beef
- 0.5 cup onion chopped
- 16 ounce chunky pasta sauce
- 8 ounces sharp cheddar cheese shredded

6 ounce tomato lentil couscous mix

Equipment

oven

baking pan

Directions

Preheat oven to 375 degrees F (190 degrees C).

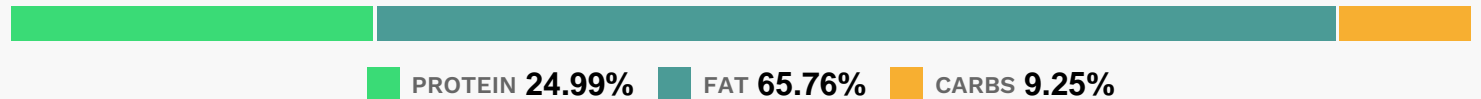
Cut peppers in half, place them in a 9x13 inch baking dish, and set aside. In a large skillet over medium heat, saute the ground beef for 5 minutes.

Add 1 1/2 cups chopped onion, chopped green bell pepper, and garlic. Reduce heat to low, add tomato sauce, and let simmer while preparing the couscous.

Prepare couscous according to package directions, but add the remaining onion to the water before adding the couscous. When couscous is done, combine it with the sauce. Fill bell peppers with the mixture. Top each with shredded cheese.

Bake at 375 degrees F (190 degrees C) for 20 minutes, or until cheese is bubbly and slightly brown on top.

Nutrition Facts



Properties

Glycemic Index:31.17, Glycemic Load:2.74, Inflammation Score:-8, Nutrition Score:29.29217398685%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 595.11kcal (29.76%), Fat: 43.61g (67.09%), Saturated Fat: 18.98g (118.59%), Carbohydrates: 13.8g (4.6%), Net Carbohydrates: 10.01g (3.64%), Sugar: 7.01g (7.79%), Cholesterol: 145.15mg (48.38%), Sodium: 712.88mg

(30.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.29g (74.57%), Vitamin C: 106.77mg (129.42%), Vitamin B12: 3.64µg (60.6%), Zinc: 8.13mg (54.23%), Selenium: 34.32µg (49.03%), Phosphorus: 471.49mg (47.15%), Vitamin B6: 0.93mg (46.55%), Vitamin B3: 7.94mg (39.68%), Calcium: 328.27mg (32.83%), Vitamin B2: 0.49mg (28.54%), Potassium: 968.8mg (27.68%), Vitamin A: 1383.08IU (27.66%), Iron: 4.28mg (23.78%), Vitamin E: 2.59mg (17.27%), Manganese: 0.34mg (17.23%), Magnesium: 64.35mg (16.09%), Vitamin K: 16.9µg (16.09%), Fiber: 3.79g (15.15%), Copper: 0.3mg (15.05%), Vitamin B5: 1.33mg (13.26%), Vitamin B1: 0.18mg (12.3%), Folate: 44.1µg (11.03%), Vitamin D: 0.38µg (2.52%)