



Grilled Black Bean- and Rice-Stuffed Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 large bell pepper seeds removed
- ☐ 15 oz black beans rinsed drained progresso® canned
- ☐ 0.8 cup rice white cooked
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 clove garlic finely chopped
- ☐ 0.3 cup spring onion sliced
- ☐ 2 tablespoons juice of lime
- ☐ 1 plum tomatoes diced (Roma)

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons vegetable oil

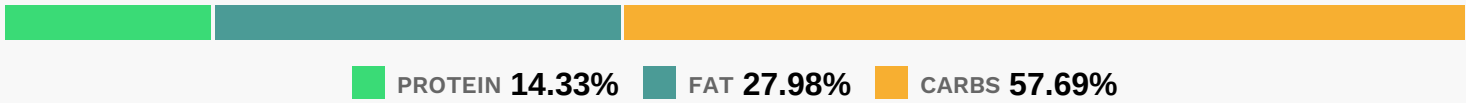
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat coals or gas grill for direct heat.
- ☐ Cut three 18x12-inch pieces heavy-duty foil. Spray with cooking spray.
- ☐ Mix beans, rice, onions, 1/4 cup cilantro, the oil, lime juice, garlic and salt.
- ☐ Place 2 bell pepper halves on one side of each foil piece. Fill with bean mixture.
- ☐ Fold foil over peppers so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion.
- ☐ Cover and grill packets over medium heat 15 to 20 minutes or until peppers are tender.
- ☐ Place packets on serving platter.
- ☐ Cut large X across top of each packet; fold back foil.
- ☐ Sprinkle with tomato and additional cilantro.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:7.23, Inflammation Score:-9, Nutrition Score:16.156956475714%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 156.91kcal (7.85%), Fat: 5.08g (7.81%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 23.56g (7.85%), Net Carbohydrates: 16.59g (6.03%), Sugar: 3.92g (4.35%), Cholesterol: 0mg (0%), Sodium: 374.2mg (16.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.7%), Vitamin C: 110.91mg (134.43%), Vitamin A: 2745.4IU (54.91%), Fiber: 6.97g (27.89%), Vitamin K: 23.9µg (22.76%), Folate: 86.69µg (21.67%), Manganese: 0.38mg (19.05%), Vitamin B6: 0.32mg (15.79%), Potassium: 445.56mg (12.73%), Vitamin E: 1.78mg (11.87%), Phosphorus: 112.16mg (11.22%), Vitamin B1: 0.16mg (10.42%), Iron: 1.85mg (10.3%), Magnesium: 39.69mg (9.92%), Vitamin B2: 0.17mg (9.71%), Copper: 0.18mg (8.88%), Vitamin B3: 1.42mg (7.11%), Vitamin B5: 0.49mg (4.93%), Zinc: 0.73mg (4.88%), Calcium: 38.67mg (3.87%), Selenium: 2.59µg (3.7%)