



Grilled Stuffed Peppers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings ground pepper
- ☐ 1 cup rice cooked
- ☐ 1 eggs beaten
- ☐ 0.5 cup parsley fresh minced
- ☐ 2 cloves garlic minced
- ☐ 3 small bell pepper green (four lobes preferred)
- ☐ 0.5 pound ground beef
- ☐ 6 servings ground cumin

- ☐ 6 servings cooking oil for frying
- ☐ 1 teaspoon suya seasoning mix (omit if there is salt in the seasoning mix)
- ☐ 2 tablespoons suya seasoning mix
- ☐ 0.5 pound diestel breakfast sausage (substitute breakfast sausage meat)
- ☐ 0.5 cup wine

Equipment

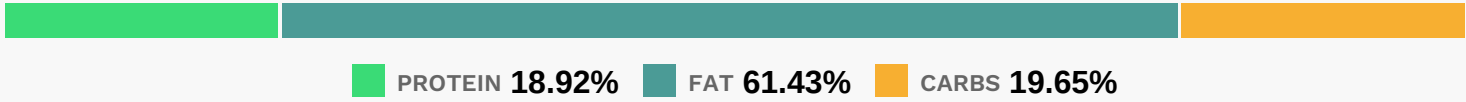
- ☐ frying pan
- ☐ mixing bowl
- ☐ grill

Directions

- ☐ Mix the seasoning blend, salt, and wine in a small bowl and stir well. Then combine the mixture with all the other ingredients except the oil and peppers in a mixing bowl and mash with your hands until all the ingredients are evenly distributed.
- ☐ Put the meat in the refrigerator for an hour or more to allow the flavors to blend.
- ☐ Heat a little oil in a frying pan and place a teaspoon of the meat mixture in the hot oil. Cook, turning frequently, until done on both sides. Taste, and adjust the salt and seasonings in the remaining meat mixture.
- ☐ Cut the peppers in half through the stem so that they form six half-pepper cups. Fill each half pepper with meat mixture. Mound the meat no more than a 1/2 inch over the top edge of each pepper. The stuffed peppers can be made in advance to this point and stored covered in the refrigerator for several days.
- ☐ Light the grill. Cook pepper side down over low heat for 10 to 12 minutes, until the pepper is charred and soft. Turn the stuffed peppers over and cook on the meat side for 10 minutes. Test for doneness.
- ☐ Serve immediately with your choice of salsas. These are also great cold or cut into slices for sandwiches.
- ☐ Variation: Leb-Mex Peppers
- ☐ Use kebab seasoning such as Sadaf, available in Middle Eastern grocery stores.
- ☐ Variation: Cajun Peppers

- ☐ Use a Cajun spice blend such as Tony Chachere's or Zatarain's and omit the salt.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ The Tex-Mex Grill and Backyard Barbacoa Cookbook by Robb Walsh. Copyright © 201

Nutrition Facts



Properties

Glycemic Index:45.17, Glycemic Load:8.58, Inflammation Score:-8, Nutrition Score:20.771738902382%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 332.83kcal (16.64%), Fat: 22.08g (33.97%), Saturated Fat: 6.88g (43%), Carbohydrates: 15.89g (5.3%), Net Carbohydrates: 11.88g (4.32%), Sugar: 1.64g (1.82%), Cholesterol: 81.33mg (27.11%), Sodium: 285.2mg (12.4%), Alcohol: 2.06g (100%), Alcohol %: 1.34% (100%), Protein: 15.31g (30.61%), Vitamin K: 125.1µg (119.14%), Vitamin C: 38.71mg (46.92%), Vitamin A: 1568.85IU (31.38%), Manganese: 0.59mg (29.28%), Iron: 4.78mg (26.54%), Vitamin B6: 0.5mg (24.89%), Vitamin B3: 4.24mg (21.22%), Zinc: 3.01mg (20.09%), Vitamin B12: 1.2µg (19.92%), Vitamin E: 2.66mg (17.73%), Phosphorus: 171.39mg (17.14%), Fiber: 4.01g (16.05%), Selenium: 10.55µg (15.07%), Calcium: 135.26mg (13.53%), Potassium: 456.41mg (13.04%), Vitamin B2: 0.21mg (12.37%), Vitamin B1: 0.18mg (11.99%), Magnesium: 46.43mg (11.61%), Folate: 34.64µg (8.66%), Copper: 0.16mg (7.98%), Vitamin B5: 0.78mg (7.83%), Vitamin D: 0.68µg (4.51%)