
 **39%**  
HEALTH SCORE

# Ground Turkey Stuffed Peppers


 **Gluten Free**

READY IN




**45 min.**

SERVINGS



**4**

CALORIES



**494 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 bell pepper your favorite (choose color!)
- 4 bell pepper your favorite (choose color!)
- 1 tsp pepper black
- 8 oz tomato sauce canned
- 8 oz canned tomatoes diced canned
- 2 tbsp parsley dried
- 2 eggs
- 1 tbsp garlic minced

- 0.5 lb ground beef
- 0.5 lb pd of ground turkey
- 1 onion diced
- 0.3 cup parmesan cheese grated
- 0.5 cup rice uncooked
- 1 tbsp sugar
- 8 oz canned tomatoes canned
- 1 tbsp worcestershire sauce

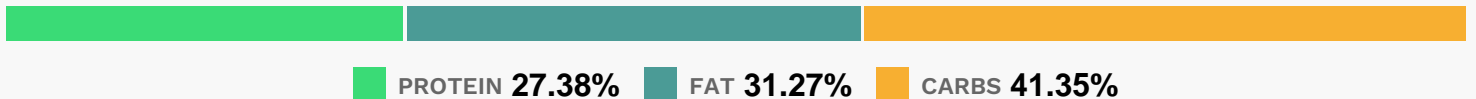
## Equipment

- pot
- stove
- slow cooker

## Directions

- Cook rice then knead it together with remaining filling ingredients.
- Cut tops off peppers and fill each one.
- Place in your slow cooker or a large stove-top pot.
- Mix together sauce ingredients. Top each stuffed pepper with sauce and pour remaining sauce all around the stuffed peppers. Cook on medium/low for about an hour. Top with grated parmesan cheese and a little parsley for looks and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:101.32, Glycemic Load:20.33, Inflammation Score:-10, Nutrition Score:41.164347826087%

## Flavonoids

Apigenin: 36.03mg, Apigenin: 36.03mg, Apigenin: 36.03mg, Apigenin: 36.03mg Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Isorhamnetin: 4.03mg, Isorhamnetin: 4.03mg, Isorhamnetin: 4.03mg,

Isorhamnetin: 4.03mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg  
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.16mg, Quercetin:  
6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

## **Nutrients (% of daily need)**

Calories: 493.87kcal (24.69%), Fat: 17.75g (27.31%), Saturated Fat: 6.57g (41.04%), Carbohydrates: 52.81g (17.6%),  
Net Carbohydrates: 43.66g (15.88%), Sugar: 21.78g (24.2%), Cholesterol: 158.72mg (52.91%), Sodium: 697.07mg  
(30.31%), Protein: 34.96g (69.92%), Vitamin C: 323.25mg (391.82%), Vitamin A: 8150.46IU (163.01%), Vitamin B6:  
1.73mg (86.71%), Vitamin B3: 12.73mg (63.65%), Manganese: 1.02mg (50.91%), Selenium: 35.33µg (50.46%),  
Phosphorus: 459.41mg (45.94%), Vitamin E: 6.64mg (44.28%), Potassium: 1501.98mg (42.91%), Folate: 157.54µg  
(39.39%), Fiber: 9.15g (36.61%), Vitamin B2: 0.61mg (35.92%), Zinc: 5.33mg (35.52%), Iron: 5.72mg (31.78%), Vitamin  
K: 32.36µg (30.82%), Vitamin B12: 1.78µg (29.71%), Vitamin B5: 2.68mg (26.82%), Magnesium: 104.29mg (26.07%),  
Copper: 0.49mg (24.41%), Vitamin B1: 0.34mg (22.34%), Calcium: 174.96mg (17.5%), Vitamin D: 0.75µg (5.03%)