



Halloumi stuffed peppers

 Popular

READY IN



50 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large pasilla peppers red
- ☐ 290 g antipasti marinated mushroom
- ☐ 50 g couscous
- ☐ 100 ml vegetable stock hot
- ☐ 250 g halloumi cheese cut into cubes
- ☐ 2 tsp parsley fresh chopped
- ☐ 1 leaves salad and garlic bread mixed

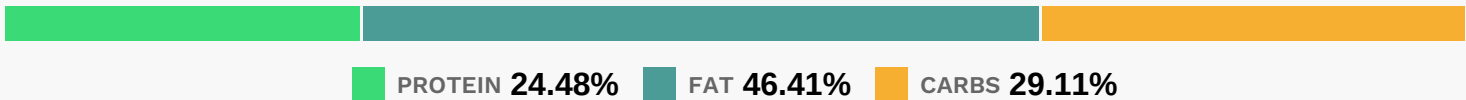
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 200C/Gas 6/fan oven 180C.
- ☐ Cut the peppers in half through the stalks and scoop out the seeds.
- ☐ Put the peppers in one layer on a baking sheet.
- ☐ Drain the mushrooms, reserving the oil from the jar drizzle one tablespoon of the oil over the peppers, then sprinkle with salt and pepper.
- ☐ Bake for 20–25 minutes, until the peppers are just tender.
- ☐ Tip the couscous into a bowl and pour in the hot stock. Leave for 5 minutes to soak, then fluff up with a fork and stir in the mushrooms, halloumi and parsley. Season with salt and pepper and spoon into the pepper halves. Return to the oven for 15 minutes, until the cheese is golden.
- ☐ Serve the peppers warm with a mixed salad and garlic bread.

Nutrition Facts



Properties

Glycemic Index:66.17, Glycemic Load:8.68, Inflammation Score:-10, Nutrition Score:23.081738895696%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 304.41kcal (15.22%), Fat: 16.21g (24.93%), Saturated Fat: 10.77g (67.34%), Carbohydrates: 22.87g (7.62%), Net Carbohydrates: 18g (6.55%), Sugar: 8.86g (9.85%), Cholesterol: 0mg (0%), Sodium: 861.97mg (37.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.24g (38.47%), Vitamin C: 211.51mg (256.38%), Vitamin A: 5191.95IU (103.84%), Calcium: 642.04mg (64.2%), Vitamin B6: 0.57mg (28.34%), Vitamin B2: 0.44mg (25.96%),

Vitamin B3: 4.67mg (23.37%), Folate: 90.55µg (22.64%), Fiber: 4.87g (19.47%), Vitamin B5: 1.76mg (17.63%), Vitamin E: 2.6mg (17.33%), Potassium: 597.97mg (17.08%), Manganese: 0.32mg (15.92%), Copper: 0.29mg (14.49%), Phosphorus: 126.59mg (12.66%), Vitamin B1: 0.17mg (11.25%), Selenium: 6.98µg (9.97%), Vitamin K: 8.87µg (8.45%), Magnesium: 31.83mg (7.96%), Iron: 1.21mg (6.75%), Zinc: 0.89mg (5.96%)