



## Healthier Stuffed Peppers

 Gluten Free

READY IN



120 min.

SERVINGS



6

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup brown rice
- 2 cloves garlic minced
- 2 bell peppers green
- 6 servings salt and ground pepper black to taste
- 1 teaspoon penzey's southwest seasoning italian
- 1 pound ground beef lean
- 1 onion chopped
- 0.3 cup parmesan cheese grated

- 2 bell peppers red
- 8 ounce natural tomato sauce canned
- 1 cup water
- 1 tablespoon worcestershire sauce
- 2 bell peppers yellow

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring brown rice and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until rice is tender and liquid has been absorbed, 45 to 50 minutes.
- Cook and stir beef, garlic, and onion in a skillet over medium heat until meat is evenly browned and onion is softened, about 5 minutes.
- Remove and discard the tops, seeds, and membranes of the green, red, and yellow bell peppers. Arrange peppers in a baking dish with the hollowed sides facing upward. Slice the bottoms off the peppers if necessary so that they stand upright.
- Mix the browned beef, cooked rice, 1 can tomato sauce, Worcestershire sauce, salt, and pepper in a bowl. Spoon an equal amount of the mixture into each hollowed pepper.
- Mix the remaining tomato sauce and Italian seasoning in a bowl, and pour over the stuffed peppers.
- Bake in the preheated oven, basting with sauce every 15 minutes, until the peppers are tender, about 1 hour.
- Sprinkle the peppers with grated Parmesan cheese after baking.

## Nutrition Facts



■ PROTEIN 35.5% ■ FAT 22.58% ■ CARBS 41.92%

## Properties

Glycemic Index:39.96, Glycemic Load:8.52, Inflammation Score:-9, Nutrition Score:22.16565209368%

## Flavonoids

Luteolin: 2.52mg, Luteolin: 2.52mg, Luteolin: 2.52mg, Luteolin: 2.52mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

## Nutrients (% of daily need)

Calories: 228.6kcal (11.43%), Fat: 5.79g (8.92%), Saturated Fat: 2.52g (15.76%), Carbohydrates: 24.2g (8.07%), Net Carbohydrates: 20.74g (7.54%), Sugar: 5.05g (5.61%), Cholesterol: 50.5mg (16.83%), Sodium: 346mg (15.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.5g (40.99%), Vitamin C: 160.14mg (194.11%), Manganese: 0.85mg (42.66%), Vitamin B6: 0.73mg (36.32%), Vitamin A: 1676.69IU (33.53%), Zinc: 4.71mg (31.41%), Vitamin B3: 6.21mg (31.05%), Vitamin B12: 1.75µg (29.16%), Phosphorus: 265.07mg (26.51%), Selenium: 15.27µg (21.81%), Potassium: 720.11mg (20.57%), Iron: 3.29mg (18.29%), Magnesium: 63.81mg (15.95%), Fiber: 3.47g (13.88%), Vitamin B2: 0.23mg (13.76%), Copper: 0.25mg (12.41%), Folate: 47.67µg (11.92%), Vitamin B1: 0.17mg (11.66%), Vitamin B5: 1.12mg (11.17%), Vitamin E: 1.62mg (10.8%), Vitamin K: 8.59µg (8.18%), Calcium: 81.27mg (8.13%)