



Herb and Sausage-Stuffed Peppers

READY IN



45 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup couscous uncooked
- ☐ 2 tablespoons basil fresh sliced
- ☐ 0.5 cup alouette garlic & herbs spreadable cheese divided crumbled
- ☐ 0.1 teaspoon kosher salt divided
- ☐ 1.5 pounds bell pepper red
- ☐ 8 ounce ground sausage italian
- ☐ 0.8 cup water

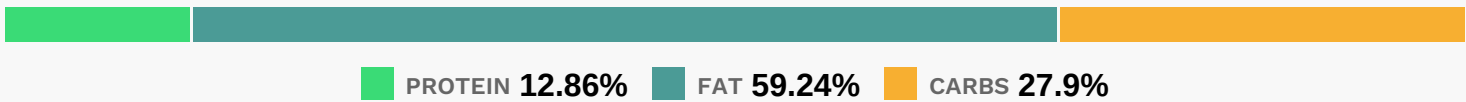
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ slow cooker

Directions

- ☐ Bring 3/4 cup water to a boil in a small saucepan; gradually stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- ☐ While couscous stands, remove casings from sausage. Cook sausage in a medium nonstick skillet over medium-high heat 4 minutes or until browned, stirring to crumble.
- ☐ Remove from heat. Stir in couscous, 1/4 teaspoon salt, and pepper. Stir in 6 tablespoons cheese.
- ☐ Cut tops off bell peppers; reserve tops. Discard seeds and membranes.
- ☐ Sprinkle remaining 1/4 teaspoon salt evenly inside peppers. Divide sausage mixture evenly among peppers. Replace tops of peppers.
- ☐ Place stuffed peppers in a 5-quart round electric slow cooker. Cover and cook on LOW for 4 hours or until peppers are tender.
- ☐ Top peppers evenly with remaining 2 tablespoons cheese and, if desired, sprinkle evenly with basil.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:12.45, Inflammation Score:-10, Nutrition Score:21.941739165265%

Flavonoids

Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 420.52kcal (21.03%), Fat: 28.25g (43.46%), Saturated Fat: 12.05g (75.29%), Carbohydrates: 29.93g (9.98%), Net Carbohydrates: 25.23g (9.18%), Sugar: 7.15g (7.94%), Cholesterol: 73.8mg (24.6%), Sodium: 651.92mg (28.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.8g (27.59%), Vitamin C: 219.04mg (265.5%), Vitamin A: 5379.17IU (107.58%), Vitamin B6: 0.69mg (34.54%), Vitamin B1: 0.45mg (29.98%), Folate: 87.81µg (21.95%), Vitamin B3: 4.27mg (21.37%), Manganese: 0.42mg (20.98%), Selenium: 14.24µg (20.34%), Fiber: 4.7g (18.8%), Vitamin E: 2.7mg (17.98%), Phosphorus: 162.26mg (16.23%), Potassium: 542.88mg (15.51%), Vitamin B2: 0.26mg (15.16%), Vitamin K: 12.69µg (12.09%), Vitamin B5: 1.1mg (11.01%), Zinc: 1.63mg (10.89%), Magnesium: 39.16mg (9.79%), Iron: 1.68mg (9.32%), Vitamin B12: 0.52µg (8.6%), Copper: 0.14mg (7.02%), Calcium: 31mg (3.1%)