



Homestyle Stuffed Peppers

READY IN



115 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup bread crumbs italian-style
- ☐ 28 ounce tomato sauce canned
- ☐ 1 cup rice white cooked
- ☐ 1 eggs lightly beaten
- ☐ 0.5 teaspoon garlic powder
- ☐ 4 bell peppers green seeds removed
- ☐ 1.5 pounds ground beef lean
- ☐ 0.3 cup onion finely chopped

- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup vinegar white

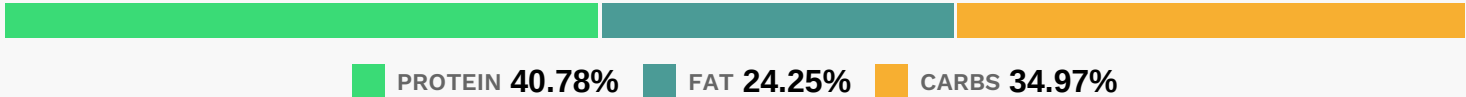
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ roasting pan

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Cook the peppers in boiling water until softened, 4 to 5 minutes.
- ☐ Remove peppers from boiling water and rinse with cold water; set peppers aside to drain.
- ☐ Mix together ground beef, cooked white rice, lightly beaten egg, finely chopped onion, Italian-style bread crumbs, salt, black pepper, garlic powder, and 1/4 cup grated Parmesan cheese in a large bowl until evenly mixed.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Divide beef and rice mixture among peppers; stuff each pepper with beef and rice mixture.
- ☐ Place peppers open side up in a 9x13-inch baking dish or shallow roasting pan.
- ☐ Combine tomato sauce and white vinegar in a bowl.
- ☐ Pour tomato mixture over stuffed peppers.
- ☐ Top with 2 tablespoons grated Parmesan cheese.
- ☐ Bake in the preheated oven until heated through, basting the peppers two or three times while baking, about 80 minutes.

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:15.95, Inflammation Score:-9, Nutrition Score:36.371739045433%

Flavonoids

Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

Nutrients (% of daily need)

Calories: 443.81kcal (22.19%), Fat: 11.89g (18.29%), Saturated Fat: 4.91g (30.68%), Carbohydrates: 38.59g (12.86%), Net Carbohydrates: 32.59g (11.85%), Sugar: 11.26g (12.51%), Cholesterol: 148.56mg (49.52%), Sodium: 1361.37mg (59.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45g (90%), Vitamin C: 110.31mg (133.71%), Vitamin B12: 3.99µg (66.48%), Zinc: 9.92mg (66.14%), Vitamin B3: 12.96mg (64.81%), Vitamin B6: 1.22mg (61.01%), Selenium: 41.63µg (59.47%), Phosphorus: 496.35mg (49.64%), Potassium: 1467.32mg (41.92%), Iron: 7.35mg (40.85%), Manganese: 0.73mg (36.59%), Vitamin B2: 0.56mg (32.83%), Vitamin A: 1381.48IU (27.63%), Vitamin E: 3.93mg (26.23%), Copper: 0.52mg (25.85%), Fiber: 6g (24%), Magnesium: 93.49mg (23.37%), Vitamin B5: 2.25mg (22.45%), Vitamin B1: 0.34mg (22.34%), Folate: 61.31µg (15.33%), Vitamin K: 16.09µg (15.32%), Calcium: 116.1mg (11.61%), Vitamin D: 0.4µg (2.68%)