



Hungarian Stuffed Yellow Peppers

READY IN



120 min.

SERVINGS



9

CALORIES



273 kcal

SIDE DISH

Ingredients

- 1 eggs
- 1 tablespoon flour all-purpose
- 2 pounds ground beef lean
- 1 onion chopped
- 9 servings salt and pepper to taste
- 0.5 cup cup heavy whipping cream sour
- 24 fluid ounce sacramento tomato juice canned
- 0.5 cup rice white uncooked
- 9 bell peppers yellow

Equipment

- bowl
- sauce pan
- whisk
- pot

Directions

- Cut the tops off the peppers and remove seeds and stems. Set aside.
- Place rice in a small saucepan and cover with water. Bring to a boil over high heat, then drain water. In a large bowl, mix together rice, ground beef, egg, onion, salt, and pepper.
- Stuff each pepper with an equal amount of beef mixture, then place peppers in a pot large enough to hold them in a single layer.
- Pour tomato juice into pot. Cover pot and simmer over low heat for 90 minutes, until ground beef is fully cooked and rice is tender.
- In a medium bowl, mix together sour cream and flour.
- Whisk in 1 cup of tomato juice from pot, then pour mixture back into pot. Allow to simmer an additional 5 minutes, then serve peppers with juice spooned over top.

Nutrition Facts



PROTEIN 37.57% **FAT 27.83%** **CARBS 34.6%**

Properties

Glycemic Index:22.35, Glycemic Load:7.27, Inflammation Score:-8, Nutrition Score:22.485217255095%

Flavonoids

Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 273.18kcal (13.66%), Fat: 8.54g (13.14%), Saturated Fat: 3.8g (23.78%), Carbohydrates: 23.89g (7.96%), Net Carbohydrates: 20.96g (7.62%), Sugar: 4.46g (4.95%), Cholesterol: 88.22mg (29.41%), Sodium: 378.71mg (16.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.95g (51.89%), Vitamin C: 226.64mg (274.71%), Vitamin B3: 7.8mg (39.02%), Vitamin B12: 2.33µg (38.8%), Zinc: 5.79mg (38.6%), Vitamin B6: 0.76mg (37.94%), Selenium: 22.24µg (31.77%), Phosphorus: 289.03mg (28.9%), Potassium: 885.4mg (25.3%), Iron: 4.21mg (23.41%), Manganese: 0.43mg (21.51%), Copper: 0.38mg (19.19%), Vitamin B2: 0.29mg (17.02%), Magnesium: 58.07mg (14.52%), Folate: 53.96µg (13.49%), Vitamin B5: 1.31mg (13.07%), Fiber: 2.93g (11.73%), Vitamin B1: 0.16mg (10.51%), Vitamin A: 513.78IU (10.28%), Vitamin E: 1.38mg (9.21%), Calcium: 70.55mg (7.05%), Vitamin K: 4.75µg (4.52%), Vitamin D: 0.2µg (1.32%)