



Irresistible Healthy Vegetarian Stuffed Peppers

READY IN



105 min.

SERVINGS



12

CALORIES



229 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons balsamic vinegar
- 2 tablespoons torn basil leaves fresh
- 2 tablespoons butter
- 14 ounce canned tomatoes whole italian drained canned (such as San Marzano)
- 8 ounce cremini mushrooms sliced
- 8 cloves garlic minced
- 12 servings salt and ground pepper black to taste
- 1 tablespoon olive oil
- 12 large orange bell peppers

- 2 tablespoons oregano dried
- 8 ounces orzo pasta whole wheat
- 0.8 cup parmesan cheese divided grated
- 2 teaspoons pepper flakes red
- 1 cup mozzarella cheese shredded
- 4 cups vegetable broth
- 8 ounce mushrooms fresh white sliced
- 1 zucchini shredded

Equipment

- bowl
- oven
- pot
- roasting pan
- aluminum foil

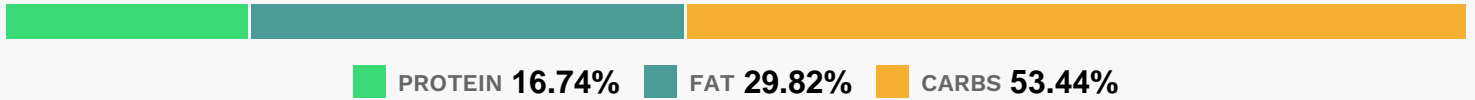
Directions

- Bring a large pot of lightly salted water to a boil. Cook orzo in the boiling water, stirring occasionally until cooked through but firm to the bite, about 8 minutes.
- Drain orzo and transfer to a large bowl.
- Preheat oven to 400 degrees F (200 degrees C).
- Cut a 1-inch slice from tops of orange bell peppers, discard tops, and remove seeds from peppers. Set peppers upright into a roasting pan, fitting them tightly so they stay in place.
- Melt butter and olive oil over medium-low heat; cook and stir 10 cloves of garlic in the hot butter mixture until garlic is golden brown, about 8 minutes. Stir white and cremini mushrooms and balsamic vinegar into garlic. Cook and stir until mushrooms soften, about 10 minutes.
- Drain liquid and mix mushrooms and garlic into orzo.
- Mix diced tomatoes and their juice, torn whole tomatoes, mozzarella cheese, zucchini, 1/2 cup Parmesan cheese, 8 cloves garlic, oregano, basil, red pepper flakes, salt, and black pepper into

orzo mixture. Scoop into bell peppers.

- Pour vegetable broth into bottom of roasting pan and cover pan tightly with aluminum foil.
- Bake in the preheated oven until peppers are tender and filling is cooked through, about 50 minutes.
- Remove foil and sprinkle each pepper with 1 tablespoon Parmesan cheese. Return to oven and bake uncovered until Parmesan cheese topping is golden and bubbly, about 15 more minutes.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:9.55, Inflammation Score:-10, Nutrition Score:24.839130476765%

Flavonoids

Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 228.51kcal (11.43%), Fat: 8g (12.31%), Saturated Fat: 3.77g (23.56%), Carbohydrates: 32.26g (10.75%), Net Carbohydrates: 26.58g (9.66%), Sugar: 11.2g (12.45%), Cholesterol: 17.83mg (5.94%), Sodium: 557.65mg (24.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.1g (20.21%), Vitamin C: 216.99mg (263.02%), Vitamin A: 5712.25IU (114.25%), Vitamin B6: 0.67mg (33.53%), Selenium: 23.2µg (33.15%), Manganese: 0.59mg (29.55%), Folate: 98.47µg (24.62%), Vitamin B2: 0.41mg (24.17%), Vitamin E: 3.61mg (24.03%), Fiber: 5.69g (22.74%), Phosphorus: 213.45mg (21.35%), Potassium: 721.98mg (20.63%), Vitamin B3: 3.92mg (19.58%), Vitamin K: 18.81µg (17.92%), Copper: 0.33mg (16.39%), Calcium: 156.01mg (15.6%), Vitamin B5: 1.35mg (13.54%), Magnesium: 50.71mg (12.68%), Vitamin B1: 0.18mg (12.14%), Iron: 2.13mg (11.81%), Zinc: 1.74mg (11.57%), Vitamin B12: 0.33µg (5.46%)