



Italian Grilled Stuffed Peppers

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups brown rice instant uncooked
- 1 tsp penzey's southwest seasoning dried italian
- 1.5 cups classico family favorites pasta sauce divided traditional
- 1 large and pepper green red yellow seeded
- 1.5 cups milk mozzarella cheese shredded 2% divided kraft
- 2 cups boca veggie ground crumbles frozen
- 1.8 cups water divided
- 1 small zucchini chopped

Equipment

- sauce pan
- grill
- aluminum foil

Directions

- Heat grill to medium-high heat.
- Bring 1-1/2 cups water to boil in medium saucepan.
- Add rice; cover. Simmer 5 min.
- Remove from heat; let stand 5 min. Stir in crumbles, zucchini, seasoning and 1 cup each pasta sauce and cheese; spoon into peppers.
- Place each filled pepper half on center of 12-inch-square sheet heavy-duty foil. Top with remaining sauce and cheese. Bring up foil sides. Spoon 1 Tbsp. of the remaining water onto bottom of each foil packet. Double fold top and ends to seal packets, leaving room for heat circulation inside.
- Grill 20 to 25 min. or until peppers are crisp-tender and filling is heated through (160F).

Nutrition Facts



Properties

Glycemic Index:2.76, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:1.9426087053574%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 29.77kcal (1.49%), Fat: 1.05g (1.62%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 3.3g (1.1%), Net Carbohydrates: 2.9g (1.06%), Sugar: 0.44g (0.49%), Cholesterol: 2.95mg (0.98%), Sodium: 78.67mg (3.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.67%), Vitamin B12: 0.39µg (6.47%), Vitamin B1: 0.08mg (5.05%), Vitamin B3: 0.72mg (3.61%), Iron: 0.49mg (2.73%), Phosphorus: 27.23mg (2.72%), Selenium: 1.76µg (2.51%), Folate: 9.61µg (2.4%), Manganese: 0.05mg (2.38%), Vitamin B6: 0.05mg (2.34%), Calcium: 22.06mg (2.21%), Fiber: 0.4g (1.59%), Vitamin B2: 0.03mg (1.55%), Zinc: 0.22mg (1.46%), Vitamin A: 66.65IU (1.33%), Vitamin C: 1.04mg

(1.26%), Potassium: 42.41mg (1.21%)