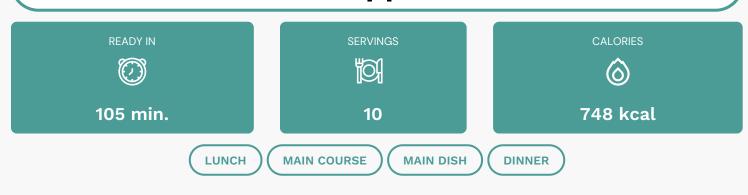


Italian Stuffed Bell Peppers -- Plus a Meatloaf



Ingredients

1 dash basil

2 slices bread
16 ounce tomato sauce canned
4 tablespoons t brown sugar dark
4 eggs beaten
5 ounce evaporated milk canned
1 garlic clove dry minced canned (or garlic can be used)
1 garlic clove minced
4 large bell pepper green

	3.8 lbs ground beef
	0.5 cup milk
	1 tablespoon mustard prepared
	4 tablespoons mustard prepared
	0.3 cup oatmeal
	10 servings olive oil
	0.5 small onion chopped
	1 medium onion chopped
	1 dash oregano
	0.8 cup parmesan to taste
	1 dash parsley
	10 servings bell pepper
	0.5 cup rice raw cooked
	2 teaspoons salt
	10 servings salt and pepper
	1 cup tomato sauce
	4 tablespoons vinegar
	8 ounce water canned
Fa	uipment
<u>_</u>	aipilient
Ш	bowl
	frying pan
	sauce pan
	oven
	aluminum foil
	stove

Directions

Ш	Bake both at 400 degrees for about 1 hour or till done. Now you have 2 meals—freeze some if you like.
	put a layer of sauce. Put some sauce over the tops of the peppers. Cover with foil. Form the rest of the mixture into a loaf as directed above.
	Mix 3-4 cups of the Meatloaf recipe mixture, Parmesan cheese, garlic, a little of the sauce, and the cooked rice in a large bowladding the rice till it looks like the amount you like (I eyeball most all of the ingredients). Stuff the peppers and place in a pan on which you have already
	Add the tomato sauce and simmer while you are preparing the stuffing for the peppers.Cook the rice according to box directions.Also, cut a tad off the bottom of the peppers so that they will sit in the pan and not tilt (don't cut through to the inside).
	Put these in a pan with a little olive oil along with the onions, and garlicsimmer till done.
	Cut the tops up to use for the sauce.
	the ITALIAN STUFFED PEPPERS cut the tops off the peppers and clean them out.
	are making the ITALIAN STUFFED GREEN PEPPERS you will also get a meatloaf out of this.For
	basting with the pan juices. For the MEATLOAF, combine the MEATLOAF SAUCE ingredients in a saucepan, and heat on the stove to serve warm over the Meatloaf slices at the table. If you
	making JUST the MEATLOAF, form it in a 9x13 greased pan and bake 400 degrees for 1 hour,
	For the Meatloaf, combine all of the ingredients and mix well (I use my hand for this).If you are

PROTEIN 20.88% FAT 65.16% CARBS 13.96%

Properties

Glycemic Index:76.02, Glycemic Load:7.3, Inflammation Score:-10, Nutrition Score:35.026521371759%

Flavonoids

Apigenin: O.23mg, Apigenin: O.23mg, Apigenin: O.23mg, Apigenin: O.23mg Luteolin: 3.57mg, Luteolin: 3.57mg, Luteolin: 3.57mg, Luteolin: 3.57mg, Luteolin: 3.57mg, Isorhamnetin: O.73mg, Isorhamnetin: O.73mg, Isorhamnetin: O.73mg, Isorhamnetin: O.73mg, Isorhamnetin: O.73mg, Kaempferol: O.15mg, Kaempferol: O.15mg, Kaempferol: O.15mg, Kaempferol: O.15mg, Myricetin: O.03mg, Myricetin: O.03mg, Myricetin: O.03mg, Myricetin: O.03mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 748.21kcal (37.41%), Fat: 54.31g (83.55%), Saturated Fat: 17.85g (111.56%), Carbohydrates: 26.17g (8.72%), Net Carbohydrates: 21.42g (7.79%), Sugar: 15.06g (16.74%), Cholesterol: 196.92mg (65.64%), Sodium: 1386.77mg (60.29%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 39.16g (78.31%), Vitamin C: 154.72mg (187.54%),

Vitamin B12: 3.98μg (66.25%), Vitamin A: 3106.24IU (62.12%), Zinc: 8.39mg (55.95%), Selenium: 39.09μg (55.84%), Vitamin B6: 1.08mg (54.01%), Phosphorus: 478.64mg (47.86%), Vitamin B3: 9.44mg (47.19%), Vitamin E: 5.44mg (36.26%), Vitamin B2: 0.57mg (33.67%), Potassium: 1091.01mg (31.17%), Iron: 5.52mg (30.69%), Manganese: 0.49mg (24.34%), Vitamin K: 25.41μg (24.2%), Calcium: 227.98mg (22.8%), Vitamin B5: 1.96mg (19.63%), Folate: 78.22μg (19.56%), Magnesium: 76.84mg (19.21%), Fiber: 4.74g (18.98%), Vitamin B1: 0.24mg (16.26%), Copper: 0.3mg (14.9%), Vitamin D: 0.71μg (4.72%)