



Italian Stuffed Bell Peppers --Plus a Meatloaf

READY IN



105 min.

SERVINGS



10

CALORIES



748 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

Equipment

- bowl
- frying pan
- sauce pan
- oven
- aluminum foil
- stove

Directions

- For the Meatloaf, combine all of the ingredients and mix well (I use my hand for this).If you are making JUST the MEATLOAF, form it in a 9x13 greased pan and bake 400 degrees for 1 hour, 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 are making the ITALIAN STUFFED GREEN PEPPERS you will also get a meatloaf out of this.For the ITALIAN STUFFED PEPPERS cut the tops off the peppers and clean them out.
- Cut the tops up to use for the sauce.
- Put these in a pan with a little olive oil along with the onions, and garlic--simmer till done.
- 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).
- Mix 3-4 cups of the Meatloaf recipe mixture, Parmesan cheese, garlic, a little of the sauce, and the cooked rice in a large bowl--adding 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 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.
- Bake both at 400 degrees for about 1 hour or till done.Now you have 2 meals--freeze some if you like.

Nutrition Facts



■ **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: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 3.57mg, Luteolin: 3.57mg, Luteolin: 3.57mg, Luteolin: 3.57mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.58mg, 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: 0g (100%), Alcohol %: 0% (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%)