



Italian stuffed sweet peppers

READY IN



45 min.

SERVINGS



3

CALORIES



397 kcal

SIDE DISH

Ingredients

- ☐ 3 pecorino cheese red halved deseeded
- ☐ 160 g sun-dried tomatoes
- ☐ 140 g couscous
- ☐ 2 tbsp basil pesto
- ☐ 5 tbsp breadcrumbs dried

Equipment

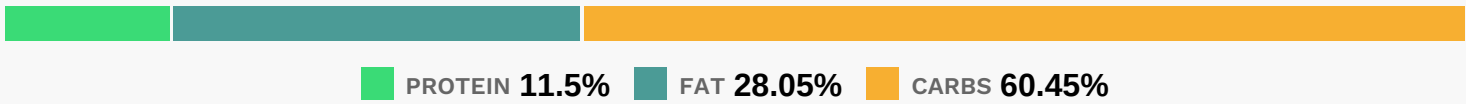
- ☐ bowl
- ☐ oven

☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Arrange the peppers, cut-side up, on a baking tray.
- ☐ Brush with a little oil from the pack of tomatoes & mozzarella, then season. Cook for 10 mins to soften slightly.
- ☐ Meanwhile, mix the couscous in a bowl with the pesto and pour over 125ml boiling water. Cover and leave for 5 mins to fluff up.
- ☐ Drain the tomatoes & mozzarella well, then mix into the couscous. Divide between the peppers, then sprinkle over the breadcrumbs
- ☐ Bake for 15–20 mins until the top is crisp and the peppers are tender.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:21.98, Inflammation Score:-8, Nutrition Score:16.093043529712%

Nutrients (% of daily need)

Calories: 397.47kcal (19.87%), Fat: 12.66g (19.48%), Saturated Fat: 2.08g (12.97%), Carbohydrates: 61.41g (20.47%), Net Carbohydrates: 55.07g (20.03%), Sugar: 1.36g (1.51%), Cholesterol: 1.84mg (0.61%), Sodium: 374.03mg (16.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.68g (23.35%), Vitamin C: 54.29mg (65.81%), Manganese: 0.77mg (38.29%), Potassium: 945.66mg (27.02%), Fiber: 6.34g (25.35%), Vitamin B3: 4.67mg (23.36%), Vitamin B1: 0.34mg (22.7%), Copper: 0.41mg (20.52%), Phosphorus: 188.57mg (18.86%), Vitamin B2: 0.31mg (18.33%), Vitamin A: 891.62IU (17.83%), Magnesium: 71.31mg (17.83%), Iron: 2.8mg (15.58%), Vitamin B6: 0.24mg (12.12%), Folate: 39.5µg (9.88%), Calcium: 93.51mg (9.35%), Vitamin B5: 0.93mg (9.32%), Selenium: 5.95µg (8.49%), Zinc: 1.07mg (7.14%), Vitamin B12: 0.07µg (1.16%), Vitamin K: 1.12µg (1.07%)