



Jasmine Rice-Stuffed Peppers

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 2 garlic cloves minced
- ☐ 4 large bell peppers green
- ☐ 0.7 pound ground sirloin lean
- ☐ 0.3 pound ground turkey breast
- ☐ 1 jalapeno minced

- ☐ 0.5 cup jasmine rice uncooked
- ☐ 0.5 cup onion chopped
- ☐ 2 ounces parmesan cheese fresh divided grated
- ☐ 2 cups tomato sauce divided

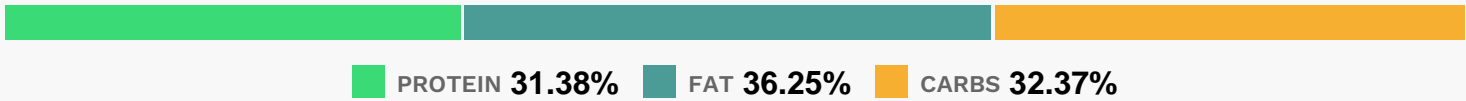
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes, leaving the stems intact.
- ☐ Place on a foil-lined jelly-roll pan, cut sides up.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion, garlic, and jalapeo to pan; saut 5 minutes or until onion is lightly browned.
- ☐ Add rice, and cook 2 minutes, stirring frequently.
- ☐ Add broth; bring to a boil. Cover, reduce heat, and simmer 10 minutes.
- ☐ Remove from heat; cool completely.
- ☐ Combine rice mixture, 1 cup tomato sauce, 1/4 cup cheese, and remaining ingredients in a large bowl, stirring until blended. Spoon about 1/2 cup meat mixture into each pepper half. Spoon remaining 1 cup tomato sauce evenly over peppers. Cover and bake at 400 for 45 minutes. Uncover and sprinkle with remaining 1/4 cup cheese; bake 3 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:66.05, Glycemic Load:14.44, Inflammation Score:-9, Nutrition Score:29.93739130186%

Flavonoids

Luteolin: 7.78mg, Luteolin: 7.78mg, Luteolin: 7.78mg, Luteolin: 7.78mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg

Nutrients (% of daily need)

Calories: 438.75kcal (21.94%), Fat: 17.87g (27.49%), Saturated Fat: 7.54g (47.11%), Carbohydrates: 35.9g (11.97%), Net Carbohydrates: 30.47g (11.08%), Sugar: 9.58g (10.64%), Cholesterol: 128.34mg (42.78%), Sodium: 1134.02mg (49.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.8g (69.6%), Vitamin C: 146.53mg (177.61%), Vitamin B6: 1.21mg (60.53%), Vitamin B3: 10mg (50%), Selenium: 33.13µg (47.33%), Phosphorus: 446.11mg (44.61%), Vitamin B12: 2.23µg (37.14%), Zinc: 5.41mg (36.05%), Manganese: 0.68mg (33.77%), Potassium: 1104.82mg (31.57%), Vitamin A: 1363.83IU (27.28%), Vitamin B2: 0.42mg (24.55%), Iron: 4.29mg (23.85%), Calcium: 237.89mg (23.79%), Fiber: 5.43g (21.71%), Copper: 0.41mg (20.62%), Vitamin E: 3mg (19.98%), Magnesium: 76.54mg (19.14%), Vitamin B5: 1.89mg (18.93%), Vitamin K: 17.81µg (16.96%), Vitamin B1: 0.22mg (14.83%), Folate: 49.08µg (12.27%), Vitamin D: 0.55µg (3.65%)