



Kelsey's Favorite Stuffed Green Peppers



Gluten Free



Popular

READY IN



90 min.

SERVINGS



6

CALORIES



431 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce tomato sauce canned
- ☐ 6 servings garlic powder to taste
- ☐ 3 large bell peppers green halved seeded
- ☐ 6 servings ground pepper black to taste
- ☐ 1.5 pounds ground beef lean
- ☐ 1 onion diced
- ☐ 6 servings salt to taste
- ☐ 2 cups mozzarella cheese shredded finely

- ☐ 2 cups water
- ☐ 1 cup rice white uncooked

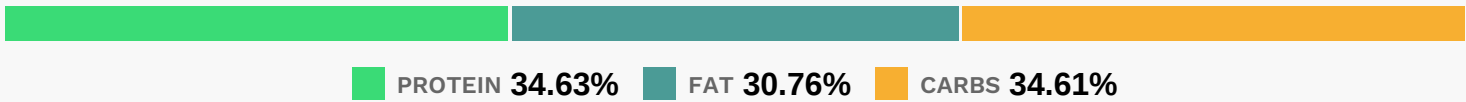
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a medium saucepan, bring water to a boil.
- ☐ Add rice and stir. Reduce heat, cover and simmer for 20 minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place green bell peppers in a medium saucepan with enough water to cover. Bring to a boil and cook for 10 minutes.
- ☐ Remove peppers from the water and set aside in a 9x13 inch baking dish.
- ☐ In a large saucepan over medium heat, brown the ground beef; drain. Return to heat and mix in onion, cooked rice, garlic powder, salt and pepper.
- ☐ Pour in tomato sauce and mix thoroughly.
- ☐ Let simmer for about 10 minutes.
- ☐ Remove from heat.
- ☐ Spoon the meat mixture onto each half of the green peppers.
- ☐ Bake in the preheated oven for 45 minutes or until mixture begins to turn golden brown.
- ☐ Sprinkle mozzarella cheese over the top of each stuffed pepper. Return to the oven and bake until cheese is lightly browned, about 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:34.53, Glycemic Load:17, Inflammation Score:-8, Nutrition Score:26.533913301385%

Flavonoids

Luteolin: 3.87mg, Luteolin: 3.87mg, Luteolin: 3.87mg, Luteolin: 3.87mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 430.82kcal (21.54%), Fat: 14.61g (22.48%), Saturated Fat: 7.61g (47.56%), Carbohydrates: 37g (12.33%), Net Carbohydrates: 33.53g (12.19%), Sugar: 5.76g (6.4%), Cholesterol: 99.8mg (33.27%), Sodium: 849.15mg (36.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.02g (74.04%), Vitamin C: 72.28mg (87.61%), Vitamin B12: 3.39µg (56.52%), Zinc: 7.59mg (50.61%), Selenium: 31.97µg (45.68%), Phosphorus: 445.58mg (44.56%), Vitamin B6: 0.83mg (41.7%), Vitamin B3: 7.9mg (39.52%), Manganese: 0.6mg (30.01%), Potassium: 874.11mg (24.97%), Iron: 4.29mg (23.82%), Calcium: 235.01mg (23.5%), Vitamin B2: 0.38mg (22.45%), Vitamin A: 863.57IU (17.27%), Copper: 0.33mg (16.61%), Magnesium: 64.06mg (16.02%), Vitamin B5: 1.44mg (14.4%), Fiber: 3.46g (13.86%), Vitamin E: 1.77mg (11.81%), Vitamin B1: 0.16mg (10.97%), Vitamin K: 9.53µg (9.08%), Folate: 30.24µg (7.56%), Vitamin D: 0.26µg (1.75%)