



Lamb Feta Peppers

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



273 kcal

SIDE DISH

Ingredients

- ☐ 1 cup rice cooked
- ☐ 1 cup feta cheese crumbled
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1 clove garlic minced
- ☐ 6 medium bell peppers green
- ☐ 0.5 teaspoon ground allspice
- ☐ 8 ounces lamb
- ☐ 0.5 teaspoon ground pepper black

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion chopped
- ☐ 0.8 teaspoon salt
- ☐ 1 cup tomato sauce
- ☐ 1 cup water cold
- ☐ 1 teaspoon sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Heat oil in a medium skillet over medium heat, add onion and cook for four minutes until soft. Stir in garlic and cook one minute.
- ☐ Slice tops off peppers and remove seeds. Stand peppers upright in a a 9x12-inch baking dish.
- ☐ In large bowl, combine onion mixture, dill, salt, allspice and pepper.
- ☐ Mix in rice and lamb, fold in feta cheese. Stuff peppers with mixture.
- ☐ Mix tomato sauce with water, lemon juice and sugar.
- ☐ Pour half over peppers, and half over bottom of dish. Cover with foil.
- ☐ Bake in the preheated oven for 45 minutes. Uncover and continue baking 15 minutes, basing occasionally with sauce, until a meat thermometer inserted in center of filling reads 160 degrees F (70 degrees C).

Nutrition Facts



 **PROTEIN 17.68%**  **FAT 54.98%**  **CARBS 27.34%**

Properties

Glycemic Index:63.35, Glycemic Load:10.21, Inflammation Score:-7, Nutrition Score:17.376521771369%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

Nutrients (% of daily need)

Calories: 273.41kcal (13.67%), Fat: 17.01g (26.16%), Saturated Fat: 7.62g (47.63%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 15.88g (5.77%), Sugar: 5.83g (6.48%), Cholesterol: 49.84mg (16.61%), Sodium: 798.48mg (34.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.31g (24.61%), Vitamin C: 101.19mg (122.66%), Vitamin B6: 0.52mg (25.83%), Vitamin B12: 1.3µg (21.59%), Vitamin B2: 0.36mg (21.2%), Phosphorus: 196.56mg (19.66%), Manganese: 0.39mg (19.41%), Selenium: 13.26µg (18.94%), Vitamin B3: 3.62mg (18.09%), Zinc: 2.43mg (16.2%), Calcium: 158.33mg (15.83%), Vitamin A: 735.27IU (14.71%), Potassium: 474.54mg (13.56%), Vitamin K: 13.52µg (12.88%), Fiber: 3.15g (12.61%), Vitamin B1: 0.17mg (11.56%), Copper: 0.21mg (10.44%), Vitamin E: 1.5mg (10.03%), Iron: 1.7mg (9.44%), Magnesium: 36.97mg (9.24%), Folate: 35.46µg (8.86%), Vitamin B5: 0.87mg (8.66%)