



Lebanese Peppers

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black divided
- ☐ 1 cup tomatoes canned crushed
- ☐ 1 cup rice long-grain white cooled cooked
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 0.5 cup parsley fresh divided chopped
- ☐ 1 teaspoon garlic minced
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.8 pound ground sirloin
- ☐ 4 lemon wedges
- ☐ 0.5 cup lower-sodium beef broth fat-free divided
- ☐ 2 teaspoons olive oil
- ☐ 0.8 cup onion chopped
- ☐ 0.3 teaspoon oregano dried
- ☐ 2 tablespoons greek yogurt plain 2% reduced-fat
- ☐ 4 medium bell peppers red
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon sugar
- ☐ 0.3 cup water
- ☐ 2 cups water

Equipment

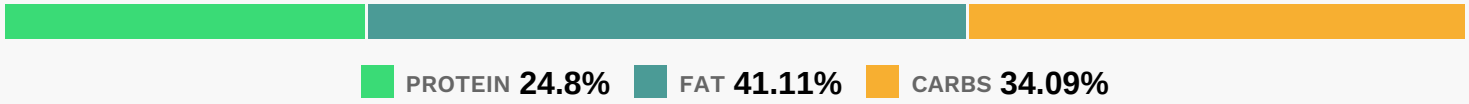
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Preheat oven to 40
- ☐ Cut tops off bell peppers; reserve. Discard seeds.
- ☐ Place peppers in a microwave-safe baking dish; cover with damp paper towels. Microwave at HIGH 6 minutes.
- ☐ Let stand 5 minutes.
- ☐ Combine 1/2 teaspoon black pepper, 1/4 cup broth, and next 5 ingredients. Divide beef mixture among peppers; top with tops.
- ☐ Pour 2 cups water into dish; cover.

- ☐ Bake at 400 for 45 minutes.
- ☐ Sprinkle peppers with 1/4 cup parsley.
- ☐ Heat a medium skillet over medium-high heat.
- ☐ Add oil to pan.
- ☐ Add onion; saut for 8 minutes, stirring occasionally.
- ☐ Add garlic; saut for 30 seconds.
- ☐ Add 1/2 teaspoon black pepper, 1/4 cup broth, tomatoes, and the next 4 ingredients; bring to a boil. Reduce heat; simmer 30 minutes. Stir in 1/4 cup parsley and yogurt.
- ☐ Serve with lemons.

Nutrition Facts



Properties

Glycemic Index:105.15, Glycemic Load:16.01, Inflammation Score:-10, Nutrition Score:30.545217361139%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg

Nutrients (% of daily need)

Calories: 333.36kcal (16.67%), Fat: 15.62g (24.04%), Saturated Fat: 5.45g (34.03%), Carbohydrates: 29.16g (9.72%), Net Carbohydrates: 23.75g (8.64%), Sugar: 9.98g (11.09%), Cholesterol: 58.21mg (19.4%), Sodium: 503.48mg (21.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.21g (42.41%), Vitamin C: 179.96mg (218.13%), Vitamin K: 136.18µg (129.7%), Vitamin A: 4517.8IU (90.36%), Vitamin B6: 0.84mg (42.2%), Vitamin B12: 1.9µg (31.63%), Zinc: 4.69mg (31.24%), Vitamin B3: 6.22mg (31.08%), Manganese: 0.61mg (30.46%), Selenium: 18.02µg (25.74%), Potassium: 889.52mg (25.41%), Phosphorus: 241.52mg (24.15%), Vitamin E: 3.4mg (22.67%), Folate: 89.02µg (22.25%), Iron: 3.96mg (21.98%), Fiber: 5.41g (21.62%), Vitamin B2: 0.31mg (18.26%), Magnesium: 58.67mg (14.67%), Copper: 0.28mg (13.98%), Vitamin B5: 1.31mg (13.06%), Vitamin B1: 0.19mg (12.34%), Calcium: 88.74mg (8.87%)