



Lentil-and-Sausage-Stuffed Peppers

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 8 ounces basil chopped (such as Gerhard's)
- 0.3 teaspoon pepper black
- 1 tablespoon capers
- 0.5 cup brown lentils dried
- 0.3 cup currants dried
- 2 tablespoons basil fresh chopped
- 0.3 cup parsley fresh chopped

- 1 cup onion diced
- 1 ounce parmesan cheese fresh grated
- 4 ounces part-skim mozzarella cheese shredded
- 3 bell peppers red
- 0.5 cup rice long-grain uncooked
- 0.3 teaspoon salt
- 3 cups water divided
- 3 bell peppers yellow

Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan

Directions

- Cut bell peppers in half, keeping stems intact. Discard seeds and membranes. Cook bell peppers in boiling water 5 minutes; drain and set aside.
- Combine 2 cups water, lentils, and salt in a saucepan. Bring to a boil; cover, reduce heat to medium-low, and simmer 20 minutes.
- Drain and set aside.
- Bring 1 cup water to a boil in a medium saucepan; add rice and onion. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed.
- Remove from heat. Set aside.
- Place sausage in a small nonstick skillet over medium-high heat; saute until browned.
- Preheat oven to 35
- Combine lentils, rice mixture, sausage, mozzarella, and remaining ingredients except Parmesan in a large bowl. Divide lentil mixture evenly among bell peppers; sprinkle with Parmesan.

- Place stuffed peppers in an 11 x 7-inch baking dish; cover and bake at 350 for 15 minutes. Uncover and bake an additional 15 minutes.

Nutrition Facts



PROTEIN 23.28% **FAT 27.97%** **CARBS 48.75%**

Properties

Glycemic Index:63.46, Glycemic Load:11.51, Inflammation Score:-10, Nutrition Score:21.868695583033%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg

Nutrients (% of daily need)

Calories: 320.74kcal (16.04%), Fat: 10.21g (15.71%), Saturated Fat: 3.93g (24.55%), Carbohydrates: 40.05g (13.35%), Net Carbohydrates: 32.31g (11.75%), Sugar: 9.24g (10.27%), Cholesterol: 42mg (14%), Sodium: 730.72mg (31.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.13g (38.26%), Vitamin C: 192.33mg (233.13%), Vitamin A: 2502.4IU (50.05%), Vitamin K: 48.65µg (46.33%), Folate: 132.99µg (33.25%), Fiber: 7.74g (30.96%), Manganese: 0.61mg (30.64%), Phosphorus: 256.71mg (25.67%), Calcium: 249.72mg (24.97%), Vitamin B6: 0.46mg (22.8%), Potassium: 551.44mg (15.76%), Vitamin B1: 0.23mg (15.27%), Iron: 2.68mg (14.86%), Magnesium: 52.99mg (13.25%), Zinc: 1.96mg (13.04%), Copper: 0.26mg (12.9%), Vitamin B2: 0.2mg (11.79%), Selenium: 7.88µg (11.26%), Vitamin B3: 1.98mg (9.92%), Vitamin B5: 0.87mg (8.72%), Vitamin E: 1.12mg (7.47%), Vitamin B12: 0.21µg (3.53%)