



Lentil Stuffed Peppers



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 bay leaves and 10 peppercorns
- ☐ 200 g puy lentils
- ☐ 2 tbsp olive oil
- ☐ 1 medium onion peeled chopped finely
- ☐ 80 g pumpkin seeds
- ☐ 1 small chili green red seeded sliced finely
- ☐ 6 servings sea salt
- ☐ 100 g pkt spinach fresh

- ☐ 150 g sun-dried tomatoes chopped
- ☐ 1 liter wheat/gluten-free vegetable stock
- ☐ 2 medium size and 2 peppers green red yellow cored

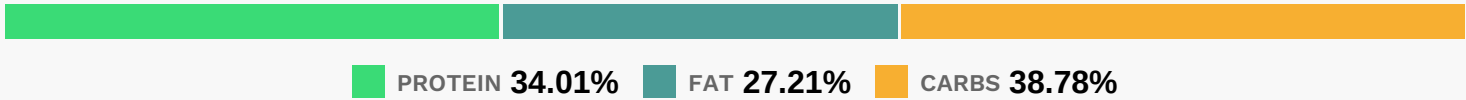
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat the oil in a heavy pan and add the onion and chilis and cook for 3–4 minutes.
- ☐ Add the tomatoes, lentils, bay leaves, peppercorns and stock.Bring to the boil, cover and simmer for 20–30 minutes. Meanwhile, dry fry the pumpkin seeds until they pop.
- ☐ Add the pumpkin seeds and spinach, mix well and season to taste.
- ☐ Heat the oven to 190C/375F/Gas mark 5.Stuff the peppers with the mixture and drizzle with olive oil
- ☐ Bake for 25–30 minutes or until the peppers are cooked then serve hot, warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:3.9, Inflammation Score:-9, Nutrition Score:26.394347916479%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2mg, Luteolin: 2mg, Luteolin: 2mg, Luteolin: 2mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 430.46kcal (21.52%), Fat: 13.62g (20.95%), Saturated Fat: 1.95g (12.17%), Carbohydrates: 43.67g (14.56%), Net Carbohydrates: 26.6g (9.67%), Sugar: 12.33g (13.7%), Cholesterol: 0mg (0%), Sodium: 704.58mg (30.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.29g (76.58%), Vitamin K: 98.04µg (93.37%), Fiber: 17.08g (68.3%), Manganese: 1.29mg (64.74%), Vitamin C: 50.58mg (61.31%), Iron: 7.87mg (43.74%), Vitamin A: 1934.72IU (38.69%), Magnesium: 146.49mg (36.62%), Potassium: 1154.99mg (33%), Copper: 0.59mg (29.47%), Phosphorus: 274.89mg (27.49%), Vitamin B3: 3.26mg (16.31%), Folate: 64.64µg (16.16%), Vitamin B1: 0.21mg (14.16%), Vitamin B6: 0.25mg (12.33%), Zinc: 1.71mg (11.42%), Vitamin B2: 0.19mg (11.21%), Vitamin E: 1.45mg (9.69%), Calcium: 79.87mg (7.99%), Vitamin B5: 0.69mg (6.94%), Selenium: 2.89µg (4.13%)