



WHATSheATE



Lightened-Up Stuffed Peppers



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces percent ground beef lean
- ☐ 4 bell peppers (any color)
- ☐ 0.3 cup brown lentils
- ☐ 1 tablespoon optional: dill dried fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 servings kosher salt and pepper black freshly ground

- ☐ 1 cup chicken broth low-sodium
- ☐ 4 teaspoons olive oil
- ☐ 1 small onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 2 tablespoons tomato paste
- ☐ 0.5 cup rice long-grain white

Equipment

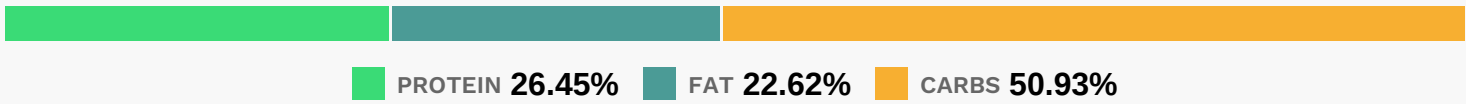
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Cut the tops off each pepper, reserve them and hollow out the insides of the peppers of any seeds and seed walls.
- ☐ Sprinkle the insides with a pinch salt and a pinch pepper and set aside.
- ☐ Heat 1 teaspoon of the oil in a large nonstick skillet over medium heat and add the garlic and onions. Cook until softened, 3 minutes, and then add the beef, oregano, cinnamon and cumin. Cook, breaking up the meat with a wooden spoon, until no longer pink. Stir in 1 tablespoon of the tomato paste until it coats the meat and is slightly darkened. Stir in the broth, rice and lentils.
- ☐ Remove from the heat and set aside until the liquid is absorbed and the mixture is cooled slightly. Season with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Divide the filling among the peppers and place the tops back on. Set the peppers upright in a small baking dish, such as an 8-inch square baking dish.
- ☐ Whisk 1 1/2 cups water with the remaining tablespoon of tomato paste and olive oil.

- ☐
- Pour into the dish around the peppers. Cover tightly with foil and bake until the peppers are tender and the rice and lentils are cooked through, about 1 hour 15 minutes.
- ☐
- Carefully transfer the peppers to a serving dish and pour the cooking liquid into a medium nonstick skillet. Boil over high heat until the sauce is thickened and reduced to about 1/2 cup.
- ☐
- Remove from the heat and add the dill. Season with salt and pepper.
- ☐
- Serve the sauce with the stuffed peppers.

Nutrition Facts



Properties

Glycemic Index:66.7, Glycemic Load:14.85, Inflammation Score:-10, Nutrition Score:27.293478504471%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 315.13kcal (15.76%), Fat: 8.05g (12.38%), Saturated Fat: 2.1g (13.14%), Carbohydrates: 40.77g (13.59%), Net Carbohydrates: 31.93g (11.61%), Sugar: 7.19g (7.99%), Cholesterol: 35.15mg (11.72%), Sodium: 128.38mg (5.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.17g (42.33%), Vitamin C: 156.95mg (190.25%), Vitamin A: 3911.45IU (78.23%), Manganese: 0.79mg (39.72%), Vitamin B6: 0.78mg (38.77%), Folate: 141.64µg (35.41%), Fiber: 8.84g (35.34%), Vitamin B3: 6.21mg (31.06%), Zinc: 4.41mg (29.42%), Phosphorus: 280.05mg (28%), Iron: 4.45mg (24.7%), Potassium: 828.11mg (23.66%), Selenium: 15.58µg (22.25%), Vitamin B12: 1.33µg (22.15%), Vitamin E: 3.17mg (21.16%), Vitamin B1: 0.26mg (17.67%), Vitamin B2: 0.28mg (16.45%), Magnesium: 64.1mg (16.02%), Copper: 0.28mg (13.98%), Vitamin B5: 1.37mg (13.67%), Vitamin K: 13.6µg (12.96%), Calcium: 67.53mg (6.75%)