



WHATSheATE



Margherita® Pepperoni Spinach and Rice Stuffed Peppers

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby spinach leaves packed
- ☐ 1.5 cups chicken broth
- ☐ 2 teaspoons olive oil
- ☐ 4 ounces stick pepperoni sliced coarsely chopped margherita®
- ☐ 4 large bell peppers green red
- ☐ 1 cup mozzarella cheese shredded divided
- ☐ 0.8 cup rice long grain white

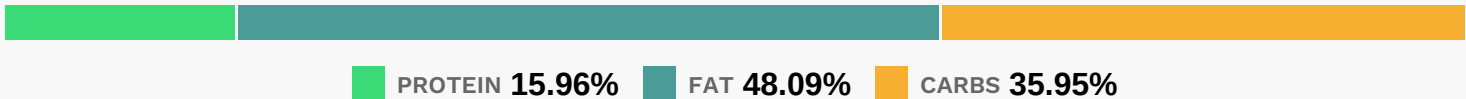
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Cut tops off bell peppers (about 1/2 inch down from top). Chop pepper tops discarding stems. Discard seeds from pepper bottoms.
- ☐ Place peppers in a shallow microwave-safe baking dish. Microwave uncovered 4 to 5 minutes or until crisp-tender; set aside to cool.
- ☐ Heat oven to 375 degrees F. Meanwhile, heat oil in a large saucepan over medium heat.
- ☐ Add chopped pepper tops; saute 2 minutes.
- ☐ Add rice; saute 1 minute.
- ☐ Add broth; bring to a boil over high heat. Reduce heat; cover and simmer 15 minutes. Stir pepperoni into rice. Cover; simmer 2 minutes or until rice is tender and liquid is absorbed. Stir in spinach until wilted. Stir in 1/2 cup of the cheese.
- ☐ Drain peppers; stand upright in same baking dish.
- ☐ Spoon rice mixture into peppers; top with remaining 1/2 cup cheese.
- ☐ Bake 20 to 25 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:39.55, Glycemic Load:17.5, Inflammation Score:-9, Nutrition Score:23.983043349308%

Flavonoids

Luteolin: 7.84mg, Luteolin: 7.84mg, Luteolin: 7.84mg, Luteolin: 7.84mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin:

0.05mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 412.71kcal (20.64%), Fat: 22.14g (34.05%), Saturated Fat: 9.15g (57.22%), Carbohydrates: 37.22g (12.41%), Net Carbohydrates: 33.65g (12.24%), Sugar: 4.71g (5.23%), Cholesterol: 51.38mg (17.13%), Sodium: 968.97mg (42.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.53g (33.05%), Vitamin C: 136.07mg (164.93%), Vitamin K: 88.11µg (83.92%), Manganese: 0.93mg (46.48%), Vitamin A: 2204.39IU (44.09%), Vitamin B6: 0.57mg (28.32%), Selenium: 18.72µg (26.75%), Phosphorus: 227.48mg (22.75%), Calcium: 191.29mg (19.13%), Vitamin B2: 0.3mg (17.37%), Vitamin B12: 1.02µg (17.08%), Vitamin B1: 0.23mg (15.55%), Vitamin B3: 3.09mg (15.44%), Potassium: 525.43mg (15.01%), Zinc: 2.24mg (14.95%), Fiber: 3.57g (14.28%), Folate: 51.65µg (12.91%), Copper: 0.25mg (12.31%), Magnesium: 48.51mg (12.13%), Vitamin E: 1.62mg (10.79%), Iron: 1.81mg (10.08%), Vitamin B5: 0.91mg (9.07%), Vitamin D: 0.48µg (3.2%)