



## Mediterranean Lamb- and Couscous-Stuffed Peppers

READY IN



45 min.

SERVINGS



4

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 and/or bell peppers green red yellow rinsed (2 lb. total)
- 1.3 cups couscous
- 1.7 cups fat-skimmed chicken broth
- 2 tablespoons feta cheese crumbled
- 1.5 teaspoons mint leaves fresh minced
- 1.5 teaspoons rosemary leaves fresh minced
- 1.5 teaspoons thyme leaves fresh
- 1 tablespoon garlic minced

- 8 ounces lamb
- 5 tablespoons juice of lemon
- 1 teaspoon olive oil
- 1.5 cups onions chopped
- 1 cup parsley chopped
- 4 servings salt

## Equipment

- frying pan
- oven
- baking pan

## Directions

- Slice bell peppers in half lengthwise through stems (retain stems) and remove seeds.
- Place halves, cut side down, in a 12- by 17-inch baking pan.
- Bake in a 450 regular or convection oven until lightly browned and tender when pierced, 13 to 18 minutes.
- Meanwhile, in a 10- to 12-inch frying pan over high heat, stir onions, garlic, thyme, mint, and rosemary in olive oil until onions are limp and beginning to brown, about 5 minutes.
- Add ground lamb and 3 tablespoons lemon juice. Stir until lamb is browned and crumbly, 2 to 3 minutes.
- Stir in broth, couscous, and remaining 2 tablespoons lemon juice. Bring to a boil, then cover and remove from heat; let stand until liquid is absorbed and couscous is tender to bite, 3 to 4 minutes. Stir in parsley; add salt to taste.
- Turn pepper halves over; fill each with about 2/3 cup lamb mixture.
- Sprinkle feta cheese evenly over filling.
- Bake until cheese is slightly melted, 3 to 5 minutes.
- Transfer peppers to a platter.

## Nutrition Facts



■ PROTEIN 17.47% ■ FAT 32.74% ■ CARBS 49.79%

## Properties

Glycemic Index:56.5, Glycemic Load:27.15, Inflammation Score:-10, Nutrition Score:26.837391360946%

## Flavonoids

Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 2.72mg, Hesperetin: 2.72mg, Hesperetin: 2.72mg, Hesperetin: 2.72mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 32.35mg, Apigenin: 32.35mg, Apigenin: 32.35mg, Apigenin: 32.35mg Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 2.54mg, Myricetin: 2.54mg, Myricetin: 2.54mg, Myricetin: 2.54mg Quercetin: 13.56mg, Quercetin: 13.56mg, Quercetin: 13.56mg, Quercetin: 13.56mg

## Nutrients (% of daily need)

Calories: 467.78kcal (23.39%), Fat: 17.11g (26.32%), Saturated Fat: 7.21g (45.03%), Carbohydrates: 58.55g (19.52%), Net Carbohydrates: 53.05g (19.29%), Sugar: 3.31g (3.67%), Cholesterol: 48.96mg (16.32%), Sodium: 730.21mg (31.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.54g (41.08%), Vitamin C: 251.86mg (305.28%), Vitamin K: 249.07µg (237.21%), Manganese: 0.74mg (36.79%), Vitamin B3: 7.25mg (36.24%), Vitamin A: 1578.3IU (31.57%), Phosphorus: 280.04mg (28%), Vitamin B12: 1.64µg (27.38%), Vitamin B6: 0.5mg (25.2%), Folate: 94.06µg (23.51%), Fiber: 5.5g (22%), Selenium: 14.99µg (21.42%), Zinc: 3.16mg (21.05%), Potassium: 704.65mg (20.13%), Copper: 0.4mg (19.9%), Iron: 3.45mg (19.14%), Vitamin B2: 0.32mg (18.95%), Magnesium: 68.93mg (17.23%), Vitamin B1: 0.25mg (16.86%), Vitamin B5: 1.61mg (16.1%), Calcium: 123.45mg (12.34%), Vitamin E: 0.43mg (2.85%)