



Mediterranean Stuffed Peppers

 Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz chickpeas drained and rinsed canned
- 8 oz tomato sauce canned
- 1.5 teaspoons cinnamon
- 0.3 cup couscous
- 2 teaspoons cumin
- 8 apricots dried chopped
- 2 teaspoons ginger fresh grated
- 2 cloves garlic minced

- 26 oz bell peppers green cored seeded sliced
- 8 ounces ground beef
- 1 medium onion chopped
- 4 servings salt
- 0.5 teaspoon sugar
- 2 teaspoons vegetable oil

Equipment

- bowl
- frying pan
- oven
- knife
- baking pan
- aluminum foil

Directions

- Bring 1/2 cup lightly salted water to a boil. Stir in couscous. Cover, remove from heat and let stand until water has absorbed, about 5 minutes. Fluff couscous lightly with a fork and re-cover. In a small bowl, combine cumin, cinnamon, sugar and 1/2 tsp. salt.
- Warm oil in a large skillet over medium-high heat.
- Add garlic and saut until golden, about 1 minute.
- Add beef and cook, stirring and breaking it up, until no longer pink, about 4 minutes.
- Add onion and ginger and cook, stirring, until onion begins to soften, about 4minutes longer.
- Sprinkle cumin mixture over beef and saut for 1 minute.
- Reduce heat to medium-low and stir in tomato sauce, 1/2 cup water, chickpeas and apricots. Stir well, scraping up any browned bits from bottom of skillet.
- Remove from heat and stir in couscous.
- Preheat oven to 375F and mist an 8-inch square baking dish with cooking spray. If peppers don't stand upright, cut a tiny slice off bottoms of peppers to level. Stuff peppers with meat mixture; place them in baking dish.

Pour 1/4 cup water into baking dish, cover with foil and bake until peppers are tender when pierced with a knife, about 45 minutes.

Nutrition Facts



■ PROTEIN 18.49% ■ FAT 34.12% ■ CARBS 47.39%

Properties

Glycemic Index:86.46, Glycemic Load:16.26, Inflammation Score:-9, Nutrition Score:27.954347937003%

Flavonoids

Luteolin: 8.68mg, Luteolin: 8.68mg, Luteolin: 8.68mg, Luteolin: 8.68mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.68mg, Quercetin: 9.68mg, Quercetin: 9.68mg, Quercetin: 9.68mg

Nutrients (% of daily need)

Calories: 422.25kcal (21.11%), Fat: 16.6g (25.53%), Saturated Fat: 5.09g (31.83%), Carbohydrates: 51.87g (17.29%), Net Carbohydrates: 40.3g (14.65%), Sugar: 16.72g (18.58%), Cholesterol: 40.26mg (13.42%), Sodium: 807.89mg (35.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.24g (40.47%), Vitamin C: 155.05mg (187.94%), Manganese: 1.54mg (76.93%), Vitamin B6: 1.25mg (62.59%), Fiber: 11.57g (46.29%), Potassium: 1078.06mg (30.8%), Vitamin A: 1535.5IU (30.71%), Phosphorus: 278.74mg (27.87%), Iron: 4.98mg (27.65%), Zinc: 3.78mg (25.2%), Copper: 0.5mg (25.17%), Vitamin B3: 5mg (25.02%), Magnesium: 84.41mg (21.1%), Vitamin K: 21.3µg (20.29%), Vitamin B12: 1.21µg (20.22%), Vitamin E: 2.67mg (17.78%), Selenium: 11.76µg (16.8%), Folate: 64.08µg (16.02%), Vitamin B1: 0.23mg (15.02%), Vitamin B2: 0.22mg (13.2%), Vitamin B5: 1.27mg (12.69%), Calcium: 112.19mg (11.22%)