



WHATSheATE



HEALTH SCORE

58%

Mediterranean stuffed peppers



Vegetarian



Popular

READY IN



40 min.

SERVINGS



2

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large bell pepper red yellow halved deseeded (leave stalks on)
- ☐ 85 g couscous
- ☐ 25 g pinenuts toasted
- ☐ 1 handful olives black roughly chopped
- ☐ 50 g feta cheese crumbled
- ☐ 50 g handful cherry tomatoes snipped quartered
- ☐ 2 tbsp basil shredded

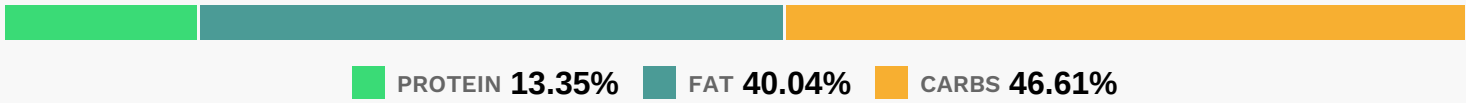
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Pop the peppers on a plate and microwave on Medium for 5 mins, until almost soft.
- ☐ Place on a baking tray, cut-side up.
- ☐ Meanwhile, place the couscous in a bowl and cover with 125ml boiling water. Stir, cover the bowl and leave to stand for 10 mins. Stir the couscous with a fork to break it up, then mix in the pine nuts, olives, feta, tomatoes and basil. Pile the couscous stuffing into the pepper halves and bake for 10 mins.

Nutrition Facts



Properties

Glycemic Index:97, Glycemic Load:21.35, Inflammation Score:-10, Nutrition Score:23.963913023472%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 351.94kcal (17.6%), Fat: 16.04g (24.68%), Saturated Fat: 4.24g (26.53%), Carbohydrates: 42.01g (14%), Net Carbohydrates: 37.1g (13.49%), Sugar: 4.59g (5.1%), Cholesterol: 22.25mg (7.42%), Sodium: 451.78mg (19.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.04g (24.07%), Vitamin C: 111.89mg (135.63%), Manganese: 1.63mg (81.46%), Vitamin A: 3170.42IU (63.41%), Vitamin K: 38.19µg (36.37%), Phosphorus: 260.62mg (26.06%), Vitamin B6: 0.44mg (21.79%), Vitamin B2: 0.35mg (20.78%), Vitamin E: 3.08mg (20.52%), Fiber: 4.92g (19.66%), Magnesium: 72.05mg (18.01%), Copper: 0.35mg (17.35%), Folate: 66.3µg (16.58%), Vitamin B3: 3.3mg (16.48%), Calcium: 160.29mg (16.03%), Zinc: 2.17mg (14.49%), Vitamin B1: 0.21mg (14.05%), Potassium: 410.98mg (11.74%), Iron: 2.08mg (11.58%), Vitamin B5: 1.12mg (11.17%), Vitamin B12: 0.42µg (7.04%), Selenium: 4.15µg (5.93%)