



 **52%**
HEALTH SCORE

Mexican Beef- and Bean-Stuffed Peppers

READY IN



70 min.

SERVINGS



8

CALORIES



152 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups all-bran cereal
- 2 cups tomato purée organic (from 28-oz can)
- 4 medium bell pepper
- 0.5 lb ground beef 90% (at least)
- 0.5 cup onion finely chopped
- 1 cup kidney beans red rinsed drained (from 19-oz can)
- 4 oz chilis green undrained chopped canned
- 2 teaspoons chili powder
- 0.5 teaspoon ground cumin

1 oz cheddar cheese shredded reduced-fat

Equipment

bowl

frying pan

oven

glass baking pan

Directions

Heat oven to 350°F. Crush cereal.* In medium bowl, mix cereal and tomato puree; let stand 5 minutes.

Cut bell peppers lengthwise in half; remove seeds and membranes.

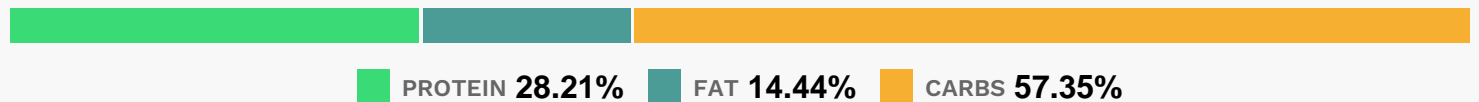
Place peppers, cut sides up, in 13x9-inch (3-quart) glass baking dish.

In 10-inch skillet, cook beef and onion over medium heat, stirring occasionally, until beef is brown; drain. Stir in cereal mixture and remaining ingredients except cheese. Divide beef mixture evenly among peppers.

Cover; bake 40 to 45 minutes or until peppers are tender.

Sprinkle each pepper half with 1/2 tablespoon cheese; let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:17.49, Glycemic Load:4.35, Inflammation Score:-10, Nutrition Score:31.316086862398%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg

Nutrients (% of daily need)

Calories: 152.39kcal (7.62%), Fat: 2.81g (4.32%), Saturated Fat: 1.01g (6.33%), Carbohydrates: 25.1g (8.37%), Net Carbohydrates: 16.96g (6.17%), Sugar: 8.04g (8.93%), Cholesterol: 18.32mg (6.11%), Sodium: 156.64mg (6.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.35g (24.69%), Vitamin C: 91.29mg (110.66%), Vitamin B6: 1.83mg (91.5%), Manganese: 1.17mg (58.64%), Folate: 227.14µg (56.78%), Vitamin A: 2575.32IU (51.51%), Vitamin B12: 2.84µg (47.3%), Fiber: 8.14g (32.54%), Vitamin B2: 0.5mg (29.2%), Iron: 5.19mg (28.82%), Phosphorus: 286.64mg (28.66%), Vitamin B3: 5.11mg (25.57%), Vitamin B1: 0.37mg (24.53%), Zinc: 3.63mg (24.18%), Potassium: 763.86mg (21.82%), Magnesium: 83.82mg (20.95%), Copper: 0.41mg (20.25%), Vitamin E: 2.65mg (17.69%), Selenium: 7.52µg (10.75%), Calcium: 94.85mg (9.48%), Vitamin B5: 0.87mg (8.66%), Vitamin K: 8.29µg (7.89%), Vitamin D: 0.53µg (3.55%)