



HEALTH SCORE

52%

Mexican Beef- and Bean-Stuffed Peppers

READY IN



70 min.

SERVINGS



8

CALORIES



153 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups all-bran cereal fiber one®
- ☐ 4 medium bell pepper
- ☐ 4.5 oz chilis green undrained chopped old el paso® canned
- ☐ 2 teaspoons chili powder
- ☐ 0.5 lb ground beef 90% (at least)
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 oz cheddar cheese shredded reduced-fat
- ☐ 0.5 cup onion finely chopped
- ☐ 1 cup kidney beans red rinsed drained progresso® (from 19-oz can)

☐ 2 cups tomato purée organic muir glen® (from 28-oz can)

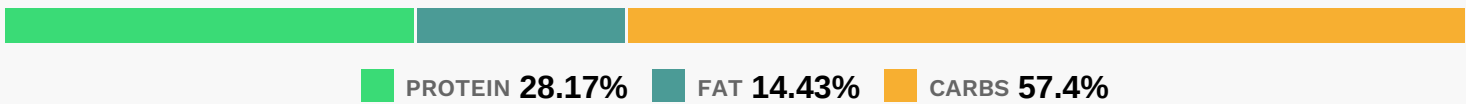
Equipment

- ☐ 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:31.356521616811%

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: 152.76kcal (7.64%), Fat: 2.81g (4.33%), Saturated Fat: 1.01g (6.33%), Carbohydrates: 25.18g (8.39%), Net Carbohydrates: 17.01g (6.19%), Sugar: 8.04g (8.93%), Cholesterol: 18.32mg (6.11%), Sodium: 163.67mg (7.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.36g (24.72%), Vitamin C: 91.9mg (111.39%), Vitamin B6: 1.83mg (91.6%), Manganese: 1.17mg (58.64%), Folate: 228.1µg (57.02%), Vitamin A: 2577.55IU (51.55%), Vitamin B12: 2.84µg (47.3%), Fiber: 8.17g (32.66%), Vitamin B2: 0.5mg (29.23%), Iron: 5.21mg (28.95%), Phosphorus: 286.84mg (28.68%), Vitamin B3: 5.13mg (25.63%), Vitamin B1: 0.37mg (24.54%), Zinc: 3.63mg (24.19%), Potassium: 765.86mg (21.88%), Magnesium: 83.89mg (20.97%), Copper: 0.41mg (20.25%), Vitamin E: 2.65mg (17.69%), Selenium: 7.53µg (10.76%), Calcium: 95.48mg (9.55%), Vitamin B5: 0.87mg (8.67%), Vitamin K: 8.29µg (7.89%), Vitamin D: 0.53µg (3.55%)