



Mexican Stuffed Peppers

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



885 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce nacho cheese-flavored tortilla chips doritos® (such as)
- ☐ 1 clove garlic minced
- ☐ 3 large bell peppers green seeds removed
- ☐ 1 pound ground beef
- ☐ 1 small onion chopped
- ☐ 1.5 cups chunky salsa
- ☐ 8 ounce mexican cheese blend shredded
- ☐ 1 ounce taco seasoning

- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup water
- ☐ 1 cup rice white

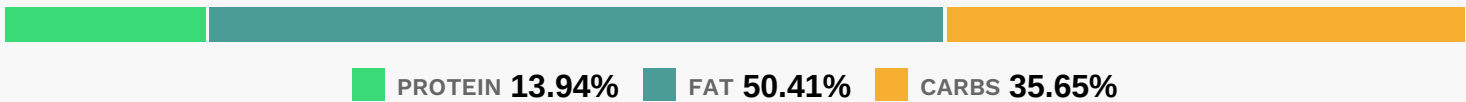
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease. Stir 3/4 cup water and taco seasoning into ground beef; simmer until water has evaporated, about 5 minutes.
- ☐ Heat vegetable oil in a separate skillet over medium heat; cook and stir rice in the hot oil until fragrant and golden brown, about 5 minutes.
- ☐ Add 1 cup water, salsa, onion, and garlic; bring to a boil. Lower heat, cover skillet, and simmer until rice is tender and liquid is absorbed, about 15 minutes. Stir ground beef mixture into rice mixture.
- ☐ Spoon a layer of ground beef-rice mixture into each bell pepper; top with a layer of Mexican cheese and a layer of nacho cheese-flavored tortilla chips. Repeat layering ingredients into bell peppers, ending with a Mexican cheese layer. Arrange stuffed peppers in a 9x9-inch baking dish.
- ☐ Bake in the preheated oven until bell peppers are tender and cheese is lightly browned, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:21.36, Glycemic Load:15.37, Inflammation Score:-8, Nutrition Score:28.806087193282%

Flavonoids

Luteolin: 3.86mg, Luteolin: 3.86mg, Luteolin: 3.86mg, Luteolin: 3.86mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 885.08kcal (44.25%), Fat: 49.68g (76.43%), Saturated Fat: 15.7g (98.11%), Carbohydrates: 79.07g (26.36%), Net Carbohydrates: 71.51g (26%), Sugar: 8.11g (9.01%), Cholesterol: 89.58mg (29.86%), Sodium: 1567.64mg (68.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.91g (61.81%), Vitamin C: 70.58mg (85.55%), Phosphorus: 534.46mg (53.45%), Vitamin E: 6.18mg (41.22%), Calcium: 396.37mg (39.64%), Vitamin B6: 0.79mg (39.34%), Manganese: 0.79mg (39.33%), Selenium: 27.45µg (39.21%), Zinc: 5.85mg (38.97%), Vitamin B12: 2.08µg (34.71%), Fiber: 7.56g (30.22%), Vitamin B3: 5.75mg (28.77%), Vitamin A: 1308.02IU (26.16%), Magnesium: 101.03mg (25.26%), Vitamin B2: 0.39mg (22.81%), Potassium: 754.72mg (21.56%), Iron: 3.64mg (20.2%), Vitamin K: 20.42µg (19.44%), Vitamin B1: 0.24mg (16.23%), Copper: 0.3mg (15.1%), Vitamin B5: 1.5mg (14.96%), Folate: 34.61µg (8.65%), Vitamin D: 0.26µg (1.76%)