



HEALTH SCORE

76%

Mexican Stuffed Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup black beans drained and rinsed
- ☐ 1 tbsp chili powder
- ☐ 0.3 cup cornmeal
- ☐ 0.5 tsp cumin
- ☐ 0.8 cup regular corn frozen thawed
- ☐ 2 bell pepper whole green cut into boats
- ☐ 1 tsp onion flakes
- ☐ 0.8 cup salsa

Equipment

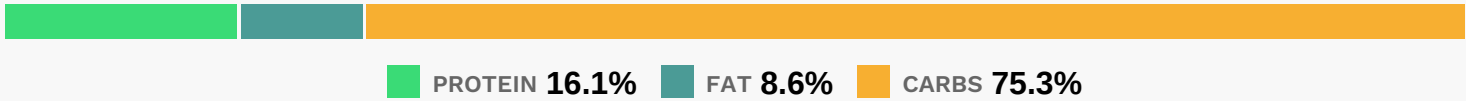
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375F.
- ☐ Cut peppers into boats and clean out insides.
- ☐ Heat all other ingredients plus 1/2 cup water over med-high heat, until thicker and bubbling, about 3 minutes.
- ☐ Place peppers in an oven dish and spoon mixture into peppers. Cover with foil and bake 20 minutes or until peppers are tender.

- Nutritional Information
- ☐ Amount Per Serving
 - ☐ Calories
 - ☐ Fat
 - ☐ 40g
 - ☐ Carbohydrate
 - ☐ 70gDietary Fiber18.70gSugars9.90gProtein21.90g

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:11.91, Inflammation Score:-9, Nutrition Score:25.776521703471%

Flavonoids

Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 295.93kcal (14.8%), Fat: 3.08g (4.74%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 60.68g (20.23%), Net Carbohydrates: 46.02g (16.73%), Sugar: 8.1g (9%), Cholesterol: 0mg (0%), Sodium: 714.66mg (31.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.98g (25.95%), Vitamin C: 103.9mg (125.94%), Fiber: 14.66g (58.65%), Manganese: 0.89mg (44.29%), Vitamin A: 2107.44IU (42.15%), Vitamin B6: 0.84mg (41.8%), Folate: 148.67µg (37.17%), Magnesium: 122.8mg (30.7%), Potassium: 1061.6mg (30.33%), Vitamin B1: 0.41mg (27.21%), Phosphorus: 265.81mg (26.58%), Iron: 4.25mg (23.59%), Vitamin E: 3.25mg (21.67%), Copper: 0.41mg (20.55%), Vitamin B3: 4.03mg (20.16%), Vitamin K: 17.29µg (16.47%), Zinc: 2.36mg (15.76%), Vitamin B2: 0.22mg (12.78%), Calcium: 84.47mg (8.45%), Vitamin B5: 0.84mg (8.4%), Selenium: 4.3µg (6.15%)