



## Mexican Stuffed Peppers for Two

 Gluten Free

READY IN



70 min.

SERVINGS



2

CALORIES



920 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb ground beef
- 0.5 cup rice white instant uncooked
- 1 onion chopped
- 2 large pasilla peppers red
- 0.3 cup taco bellâ® & chunky salsa thick
- 0.8 cup sharp cheddar cheese shredded divided kraft
- 3 Tbsp taco bellâ® taco seasoning mix ( )
- 1 small tomatoes chopped

1.3 cups water divided

## Equipment

frying pan

oven

baking pan

## Directions

Heat oven to 400F.

Brown meat with onions in skillet on medium heat. Stir in taco seasoning mix and 1/2 cup water. Bring to boil; simmer on low heat 5 min., stirring occasionally.

Remove half the meat mixture; cool, then refrigerate or freeze for another use.

Stir 1/2 cup of the remaining water into remaining seasoned meat in skillet.

Add tomatoes; mix well. Bring to boil. Stir in rice; cover.

Remove from heat.

Let stand 5 min. Meanwhile, cut tops off peppers; discard tops and seeds.

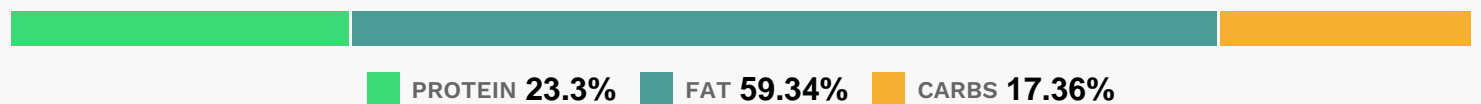
Mix salsa and remaining water in bottom of 9-inch square baking dish. Stand peppers in baking dish.

Add 1/2 cup cheese to meat mixture; stir. Spoon into peppers; top with remaining cheese. Cover.

Bake 35 to 40 min. or until peppers are tender.

Serve with sauce from baking dish.

## Nutrition Facts



## Properties

Glycemic Index:62, Glycemic Load:3.94, Inflammation Score:-10, Nutrition Score:45.510868777399%

## Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.81mg, Quercetin: 11.81mg, Quercetin: 11.81mg, Quercetin: 11.81mg

## Nutrients (% of daily need)

Calories: 920.38kcal (46.02%), Fat: 60.67g (93.34%), Saturated Fat: 25.71g (160.69%), Carbohydrates: 39.96g (13.32%), Net Carbohydrates: 33.29g (12.11%), Sugar: 12.55g (13.95%), Cholesterol: 203.4mg (67.8%), Sodium: 983.57mg (42.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.59g (107.19%), Vitamin C: 222.63mg (269.85%), Vitamin A: 6468.45IU (129.37%), Vitamin B12: 5.3µg (88.38%), Zinc: 12mg (80.02%), Selenium: 54.74µg (78.2%), Vitamin B6: 1.42mg (71.24%), Vitamin B3: 13.42mg (67.09%), Phosphorus: 657.7mg (65.77%), Folate: 177.91µg (44.48%), Vitamin B2: 0.7mg (41.29%), Iron: 7.17mg (39.84%), Calcium: 387.36mg (38.74%), Potassium: 1268.81mg (36.25%), Vitamin B1: 0.45mg (30.06%), Vitamin E: 4.5mg (30%), Manganese: 0.58mg (29.1%), Fiber: 6.67g (26.66%), Magnesium: 89.55mg (22.39%), Vitamin B5: 2.1mg (21%), Vitamin K: 18.34µg (17.46%), Copper: 0.31mg (15.57%), Vitamin D: 0.48µg (3.21%)