



 **39%**
HEALTH SCORE

Mini Stuffed Mexican Bell Peppers

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



228 kcal

SIDE DISH

Ingredients

- 20 large snack peppers mini canned (you can buy in a large bag)
- 7 oz black beans canned ()
- 1 TBSP chili powder
- 3 oz chipotles in adobo ()
- 7 oz canned tomatoes fire roasted canned ()
- 1 tablespoon garlic minced
- 4 oz to 2 chilies slit green canned
- 1 ground coriander

- 1 TBSP ground cumin
- 10 oz pd of ground turkey lean
- 1 TBSP paprika
- 3 tomatillos
- 0.5 onion yellow

Equipment

- food processor
- baking sheet
- oven
- blender
- broiler

Directions

- Roast the vegetables: Preheat oven to 400 degrees.
- Cut the tomatillos in half, slice the onion into 1/2 in slices and remove garlic from covering.
- Place on baking sheet. Roast till tomatillos are tender and start to brown, about 20 minutes.
- Add tomatillos, onion, garlic, tomatoes, green chilies, chipotles, chili powder, cumin, paprika, and coriander to blender or food processor. Blend until smooth.
- In a large bowl, add the turkey, beans, and sauce,
- Mix together until everything is evenly distributed.
- Cut tops off mini bell peppers and remove any seeds. Stuff turkey mixture into peppers until slightly overflowing.
- Place in 9 by 13 glass dish. Repeat for all bell peppers.
- Cook at 400 for 20 minutes. For the last 5 minutes, turn on the broiler and get some color on the peppers.
- Serve with your favorite salsa (used my Pico De Gallo from my tortilla soup), sour cream and avocado.ENJOY!

Nutrition Facts



■ PROTEIN 37.79% ■ FAT 11.61% ■ CARBS 50.6%

Properties

Glycemic Index:27.25, Glycemic Load:2.3, Inflammation Score:-10, Nutrition Score:28.520434782609%

Flavonoids

Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 227.61kcal (11.38%), Fat: 3.11g (4.79%), Saturated Fat: 0.62g (3.87%), Carbohydrates: 30.53g (10.18%), Net Carbohydrates: 18.41g (6.69%), Sugar: 11.35g (12.61%), Cholesterol: 38.98mg (12.99%), Sodium: 440.98mg (19.17%), Protein: 22.8g (45.59%), Vitamin C: 189.66mg (229.89%), Vitamin A: 6081.5IU (121.63%), Vitamin B6: 1.18mg (59.12%), Fiber: 12.12g (48.48%), Vitamin B3: 9.54mg (47.69%), Phosphorus: 287.7mg (28.77%), Iron: 4.83mg (26.84%), Folate: 106.33µg (26.58%), Selenium: 17.59µg (25.12%), Potassium: 861.46mg (24.61%), Vitamin E: 3.67mg (24.47%), Manganese: 0.48mg (24.13%), Magnesium: 74.01mg (18.5%), Vitamin B2: 0.31mg (18.42%), Vitamin B1: 0.23mg (15.41%), Zinc: 2.21mg (14.74%), Vitamin B5: 1.29mg (12.86%), Vitamin K: 13.08µg (12.46%), Copper: 0.24mg (11.96%), Calcium: 78.97mg (7.9%), Vitamin B12: 0.36µg (6.02%), Vitamin D: 0.28µg (1.89%)