



## Moroccan Couscous Stuffed Peppers

 Vegetarian

READY IN



55 min.

SERVINGS



4

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup raisins
- 0.5 cup cherries dried chopped
- 0.5 cup apricot dried chopped
- 0.5 cup orange juice
- 4 and orange peppers medium to large
- 2 cups vegetable stock
- 0.5 cup water
- 1 orange zest grated

- 1.5 cups couscous uncooked
- 1 cup spring onion chopped
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons mint leaves fresh chopped
- 1 teaspoon salt
- 0.5 teaspoon pepper freshly ground
- 4 oz goat cheese crumbled (goat)

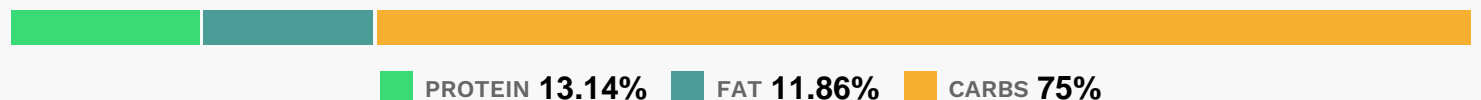
## Equipment

- bowl
- frying pan
- sauce pan
- oven

## Directions

- Heat oven to 350°F. In small bowl, mix raisins, cherries and apricots; cover with orange juice.
- Let stand 20 minutes; drain.
- Meanwhile, remove tops, seeds and membranes from bell peppers. Set aside.
- In 2-quart saucepan, heat broth, water and orange peel to boiling. Stir in couscous; remove from heat. Cover; let stand 5 minutes.
- Fluff couscous with fork. Stir in dried fruit mixture, onions, cilantro, mint, salt and pepper. Set aside 2 tablespoons of the cheese; add remaining cheese to couscous mixture. Spoon into bell peppers. Stand upright in 8-inch square pan.
- Bake uncovered 15 minutes or until peppers are crisp-tender and stuffing is hot.
- Sprinkle reserved cheese over stuffed peppers.
- Bake 1 to 2 minutes longer or until cheese begins to melt.

## Nutrition Facts



## Properties

Glycemic Index:95.55, Glycemic Load:45.41, Inflammation Score:-10, Nutrition Score:27.685217313145%

## Flavonoids

Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg Hesperetin: 3.96mg, Hesperetin: 3.96mg, Hesperetin: 3.96mg, Hesperetin: 3.96mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

## Nutrients (% of daily need)

Calories: 524.05kcal (26.2%), Fat: 7.08g (10.89%), Saturated Fat: 4.34g (27.12%), Carbohydrates: 100.74g (33.58%), Net Carbohydrates: 89.83g (32.66%), Sugar: 25.97g (28.85%), Cholesterol: 13.04mg (4.35%), Sodium: 1183.23mg (51.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.64g (35.29%), Vitamin C: 178.81mg (216.73%), Vitamin A: 5891.44IU (117.83%), Vitamin K: 62.14µg (59.18%), Fiber: 10.91g (43.63%), Manganese: 0.87mg (43.28%), Vitamin B6: 0.58mg (29.21%), Copper: 0.55mg (27.73%), Folate: 103µg (25.75%), Phosphorus: 256.78mg (25.68%), Potassium: 864.42mg (24.7%), Vitamin B3: 4.51mg (22.56%), Vitamin B2: 0.35mg (20.31%), Iron: 3.53mg (19.6%), Vitamin E: 2.82mg (18.8%), Magnesium: 70.07mg (17.52%), Vitamin B1: 0.26mg (17.39%), Vitamin B5: 1.58mg (15.78%), Calcium: 126.58mg (12.66%), Zinc: 1.35mg (9.02%), Selenium: 1.61µg (2.3%)