



Mushroom, walnut & tomato baked peppers



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



2

CALORIES



367 kcal

SIDE DISH

Ingredients

- ☐ 1 tbsp unrefined sunflower oil
- ☐ 175 g pack chestnut mushroom diced
- ☐ 1 garlic clove crushed
- ☐ 12 sun-dried olives drained well in oil
- ☐ 50 g breadcrumbs dried white
- ☐ 25 g walnuts roughly chopped
- ☐ 1 small bunch parsley finely chopped
- ☐ 1 tsp pepper dried

- ☐ 4 tsp basil pesto fresh
- ☐ 2 small bell pepper red yellow

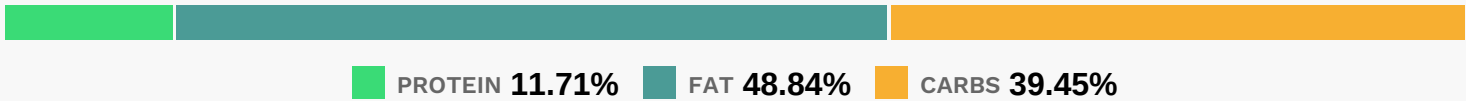
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Heat the oil in a large frying pan and stir-fry the mushrooms over a high heat for 5 mins. Season with a good grind of black pepper and remove from the heat. Stir in the garlic, tomato pieces, breadcrumbs, walnuts, chopped parsley, chilli flakes and pesto until thoroughly combined.
- ☐ Cut the peppers in half from top to bottom. Carefully remove the seeds and membrane.
- ☐ Place in a small foillined roasting tin and fill with the mushroom stuffing. Cover the surface of the stuffing with a small piece of foil.
- ☐ Bake for 35-40 mins until tender.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:2.16, Inflammation Score:-10, Nutrition Score:34.657391675141%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Apigenin: 61.41mg, Apigenin: 61.41mg, Apigenin: 61.41mg, Apigenin: 61.41mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 4.42mg, Myricetin: 4.42mg, Myricetin: 4.42mg, Myricetin: 4.42mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 366.59kcal (18.33%), Fat: 21.15g (32.54%), Saturated Fat: 2.55g (15.92%), Carbohydrates: 38.44g (12.81%), Net Carbohydrates: 32.33g (11.76%), Sugar: 8.54g (9.49%), Cholesterol: 0.8mg (0.27%), Sodium: 328.93mg (14.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.41g (22.83%), Vitamin K: 476.01µg (453.34%), Vitamin C: 179.04mg (217.01%), Vitamin A: 3154.46IU (63.09%), Manganese: 1.18mg (58.83%), Copper: 1.01mg (50.33%), Selenium: 30.99µg (44.27%), Vitamin B2: 0.66mg (39.08%), Vitamin B3: 7.37mg (36.84%), Potassium: 1248.01mg (35.66%), Folate: 131.92µg (32.98%), Vitamin B1: 0.48mg (32.11%), Iron: 5.38mg (29.87%), Phosphorus: 271.8mg (27.18%), Fiber: 6.11g (24.44%), Vitamin E: 3.59mg (23.93%), Magnesium: 86.65mg (21.66%), Vitamin B6: 0.42mg (21.15%), Vitamin B5: 2.03mg (20.28%), Zinc: 2.44mg (16.27%), Calcium: 156.54mg (15.65%), Vitamin B12: 0.17µg (2.92%)