



My Favorite Stuffed Green Peppers

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



450 kcal

SIDE DISH

Ingredients

- ☐ 1 cup brown rice
- ☐ 15 ounce tomato sauce canned
- ☐ 2 cloves garlic minced
- ☐ 6 large bell peppers green halved seeded
- ☐ 1 teaspoon ground pepper
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 6 servings salt and ground pepper black to taste

- ☐ 1.5 pounds ground beef lean
- ☐ 1 teaspoon olive oil or as needed
- ☐ 1 onion diced
- ☐ 2 cups mozzarella cheese shredded finely
- ☐ 2.5 cups water

Equipment

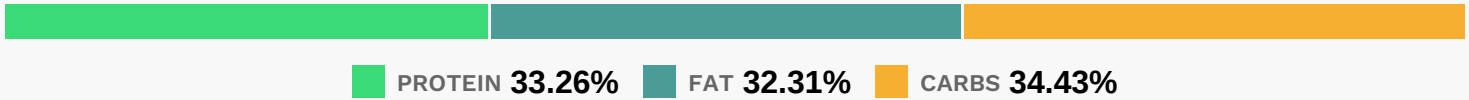
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ Bring 2 1/2 cups water to a boil in a saucepan; add rice and stir. Reduce heat, cover, and simmer until the rice is tender, 20 minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Drizzle olive oil in a 9x13-inch casserole dish.
- ☐ Fill a separate saucepan with water and bring to a boil; add green bell peppers and simmer for 3 minutes.
- ☐ Transfer peppers to a bowl of ice water until peppers are cooled. Arrange peppers in the prepared casserole dish.
- ☐ Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease. Return skillet to heat; mix onion and cooked rice into ground beef.
- ☐ Pour tomato sauce into ground beef mixture and stir to combine.
- ☐ Mix garlic, coriander, cumin, cayenne pepper, salt, and black pepper into ground beef mixture. Simmer until flavors have combined, 10 minutes.

- ☐
- Remove from heat and spoon 2 to 3 tablespoons ground beef mixture into each bell pepper half.
- ☐
- Sprinkle mozzarella cheese over each filled pepper. Cover casserole dish with aluminum foil.
- ☐
- Bake in the preheated oven for 15 minutes.
- ☐
- Remove aluminum foil and continue to bake until cheese is bubbling and melted, about 15 more minutes.

Nutrition Facts



Properties

Glycemic Index:44.46, Glycemic Load:15.98, Inflammation Score:-9, Nutrition Score:33.072608781898%

Flavonoids

Luteolin: 7.73mg, Luteolin: 7.73mg, Luteolin: 7.73mg, Luteolin: 7.73mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg

Nutrients (% of daily need)

Calories: 450.07kcal (22.5%), Fat: 16.24g (24.98%), Saturated Fat: 7.88g (49.23%), Carbohydrates: 38.94g (12.98%), Net Carbohydrates: 33.39g (12.14%), Sugar: 7.67g (8.53%), Cholesterol: 99.8mg (33.27%), Sodium: 657.69mg (28.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.61g (75.22%), Vitamin C: 138.84mg (168.29%), Manganese: 1.56mg (78.05%), Vitamin B12: 3.39µg (56.52%), Vitamin B6: 1.1mg (55.03%), Zinc: 7.96mg (53.1%), Phosphorus: 503.23mg (50.32%), Vitamin B3: 9.2mg (46.02%), Selenium: 26.88µg (38.39%), Potassium: 1052.1mg (30.06%), Iron: 5.04mg (28.01%), Magnesium: 110.8mg (27.7%), Vitamin A: 1309.99IU (26.2%), Calcium: 250.91mg (25.09%), Vitamin B2: 0.41mg (23.83%), Fiber: 5.55g (22.2%), Vitamin B1: 0.31mg (20.9%), Copper: 0.4mg (20.18%), Vitamin B5: 1.66mg (16.65%), Vitamin K: 16.26µg (15.49%), Vitamin E: 2.23mg (14.85%), Folate: 41.31µg (10.33%), Vitamin D: 0.26µg (1.75%)