

health-score 70%

HEALTH SCORE

Nick's Feta and Artichoke Stuffed Peppers

 Vegetarian  Gluten Free  Very Healthy

READY IN

ready

85 min.

SERVINGS

servings

4

CALORIES

calories

299 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup brown rice
- ☐ 1 teaspoon basil dried
- ☐ 8 teaspoons feta cheese divided crumbled
- ☐ 4 cloves garlic minced
- ☐ 4 green onions chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 12 ounce marinated artichoke hearts drained chopped
- ☐ 1 tablespoon olive oil

- ☐ 4 large bell peppers red seeds removed
- ☐ 1 teaspoon pepper flakes red
- ☐ 1 large tomatoes diced
- ☐ 1 cup water

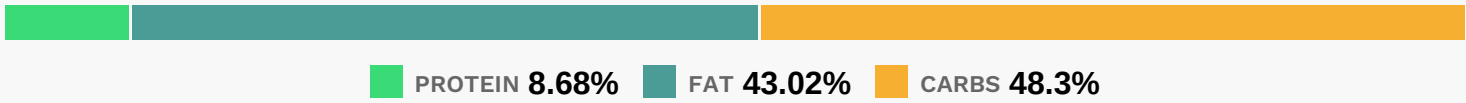
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Bring rice and water to a boil in a saucepan. Reduce the heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 45 to 50 minutes.
- ☐ Heat olive oil in a skillet over medium-low heat; cook and stir green onions and garlic until fragrant, 1 to 2 minutes.
- ☐ Add artichoke hearts, tomato, basil, red pepper flakes, and black pepper. Cook and stir artichoke mixture until heated through, about 5 minutes. Stir in rice and remove from heat.
- ☐ Crumble about 1 teaspoon feta cheese into the bottom of each red bell pepper. Spoon rice mixture into each red bell pepper to fill halfway. Crumble another teaspoon feta cheese over filling; top with more filling.
- ☐ Place red bell peppers in a glass baking dish.
- ☐ Bake in the preheated oven until feta cheese has melted and red bell peppers are slightly tender, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:62.44, Glycemic Load:13.31, Inflammation Score:-10, Nutrition Score:25.163478146429%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 298.98kcal (14.95%), Fat: 14.63g (22.51%), Saturated Fat: 2.91g (18.2%), Carbohydrates: 36.95g (12.32%), Net Carbohydrates: 29.68g (10.79%), Sugar: 9.29g (10.32%), Cholesterol: 8.77mg (2.92%), Sodium: 459.3mg (19.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.29%), Vitamin C: 237.21mg (287.53%), Vitamin A: 6678.7IU (133.57%), Manganese: 1.29mg (64.67%), Vitamin K: 44.44µg (42.32%), Vitamin B6: 0.74mg (36.81%), Fiber: 7.27g (29.07%), Folate: 98.94µg (24.73%), Vitamin E: 3.65mg (24.33%), Magnesium: 67.64mg (16.91%), Potassium: 591.79mg (16.91%), Phosphorus: 161.49mg (16.15%), Vitamin B3: 3.16mg (15.78%), Vitamin B1: 0.23mg (15.55%), Vitamin B2: 0.26mg (15.47%), Iron: 2.54mg (14.11%), Calcium: 114.82mg (11.48%), Vitamin B5: 1.05mg (10.51%), Zinc: 1.38mg (9.22%), Copper: 0.17mg (8.45%), Selenium: 2.27µg (3.25%), Vitamin B12: 0.17µg (2.78%)