



Orzo Stuffed Peppers

READY IN



75 min.

SERVINGS



6

CALORIES



332 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon pepper black freshly ground
- 28 ounce canned tomatoes italian canned
- 4 cups chicken broth
- 0.5 cup mint leaves fresh chopped
- 3 cloves garlic minced
- 0.3 cup olive oil extra-virgin
- 1.5 cups orzo pasta) (rice-shaped
- 0.5 cup pecorino cheese grated plus more for sprinkling
- 1 teaspoon salt

6 bell peppers sweet red yellow (or)

2 zucchini grated

Equipment

bowl

sauce pan

oven

sieve

baking pan

aluminum foil

Directions

Watch how to make this recipe.

Preheat the oven to 400 degrees F.

Pour the tomatoes into a large bowl and break apart using a pair of kitchen shears or your finger tips.

Add the zucchini, mint, cheese, olive oil, garlic, salt, and pepper. Stir to combine.

Meanwhile, bring the chicken broth to a boil in a medium saucepan over high heat.

Add the orzo and cook for 4 minutes. The orzo should be only partially cooked. Use a fine mesh sieve to transfer the orzo to the large bowl with the other vegetables. Stir the orzo into the vegetable mix to combine.

Transfer the warm chicken broth to a 3-quart baking dish.

Slice the tops off the peppers and remove all ribs and seeds.

Cut a very thin slice from the base to help the peppers stand up.

Place the peppers in the baking dish with the warm chicken broth. Spoon the orzo mixture into the peppers. Cover the dish with foil and bake for 45 minutes.

Remove the foil, sprinkle the top of each pepper with cheese and continue baking until the cheese is golden, about 15 minutes.

Remove from the oven, carefully transfer the orzo stuffed pepper to a serving plate.

Nutrition Facts

PROTEIN 13.91% FAT 34.13% CARBS 51.96%

Properties

Glycemic Index:36, Glycemic Load:14.57, Inflammation Score:-10, Nutrition Score:26.020434681488%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 331.89kcal (16.59%), Fat: 13.02g (20.04%), Saturated Fat: 2.97g (18.56%), Carbohydrates: 44.62g (14.87%), Net Carbohydrates: 38.26g (13.91%), Sugar: 11.86g (13.18%), Cholesterol: 11.8mg (3.93%), Sodium: 1089.33mg (47.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.95g (23.89%), Vitamin C: 183.8mg (222.79%), Vitamin A: 5157.57IU (103.15%), Manganese: 0.93mg (46.5%), Selenium: 26.01µg (37.16%), Vitamin B6: 0.64mg (32.17%), Vitamin E: 4.1mg (27.31%), Folate: 101.97µg (25.49%), Fiber: 6.36g (25.42%), Potassium: 886.1mg (25.32%), Vitamin K: 25.3µg (24.1%), Phosphorus: 233.55mg (23.36%), Vitamin B2: 0.35mg (20.33%), Magnesium: 69.41mg (17.35%), Vitamin B3: 3.31mg (16.55%), Calcium: 148.46mg (14.85%), Vitamin B1: 0.22mg (14.59%), Copper: 0.29mg (14.44%), Iron: 2.07mg (11.52%), Zinc: 1.65mg (10.99%), Vitamin B5: 0.87mg (8.66%), Vitamin B12: 0.12µg (2.08%)