

health-score 90%

HEALTH SCORE

# Pasta-Stuffed Peppers (Peperoni Imbotiti Ai Vermicelli)

 Vegetarian  Dairy Free  Very Healthy

READY IN

ready

80 min.

SERVINGS

servings

6

CALORIES

calories

593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 pound angel hair pasta
- ☐ 0.5 cup olives black pitted
- ☐ 1 cup bread crumbs toasted
- ☐ 4 tablespoons capers rinsed
- ☐ 0.5 cup cooking wine dry white
- ☐ 4 cloves garlic thinly sliced
- ☐ 0.5 cup olives green pitted

- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 1 tablespoon oregano dried
- ☐ 1 bunch parsley italian finely chopped
- ☐ 1 cup water
- ☐ 12 large bell peppers red yellow

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan

## Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ In a large bowl, toss 4 tablespoons oil and the peppers to coat the peppers. Roast the peppers over the flame of a burner until blackened all around. This process takes a little time, but is well worth it.
- ☐ Meanwhile, make the filling. In a 10 to 12-inch saute pan, place 6 tablespoons oil and the garlic over medium heat and cook until the garlic is light golden brown, about 2 minutes. Break the pasta into 2-inch pieces, place in the pan with the garlic and cook, tossing to mix, until pasta is golden brown, 5 to 6 minutes.
- ☐ Add 1 cup water, olives, capers and the oregano and cook until the water has dissipated, about 6 to 7 minutes.
- ☐ Remove from heat, allow to cool, add parsley and set aside.
- ☐ Peel and seed the roasted peppers carefully to retain whole and slit down one side to create a hole. Stuff each of the peppers with some of the pasta mixture and place each carefully into a roasting pan with the wine.
- ☐ Sprinkle all over with breadcrumbs.
- ☐ Place in oven and cook until heated through, 20 minutes.
- ☐ Remove and serve warm, or allow to cool and serve at room temperature.

## Nutrition Facts



 **PROTEIN 11.31%**  **FAT 23.92%**  **CARBS 64.77%**

## Properties

Glycemic Index:20.67, Glycemic Load:23.06, Inflammation Score:-10, Nutrition Score:33.34739128403%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg Luteolin: 4.04mg, Luteolin: 4.04mg, Luteolin: 4.04mg, Luteolin: 4.04mg Kaempferol: 7.19mg, Kaempferol: 7.19mg, Kaempferol: 7.19mg, Kaempferol: 7.19mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 13.14mg, Quercetin: 13.14mg, Quercetin: 13.14mg, Quercetin: 13.14mg

## Nutrients (% of daily need)

Calories: 593.38kcal (29.67%), Fat: 15.82g (24.34%), Saturated Fat: 2.33g (14.54%), Carbohydrates: 96.4g (32.13%), Net Carbohydrates: 88.2g (32.07%), Sugar: 3.6g (4.01%), Cholesterol: 0mg (0%), Sodium: 651.44mg (28.32%), Alcohol: 2.06g (100%), Alcohol %: 0.45% (100%), Protein: 16.84g (33.67%), Vitamin C: 696.13mg (843.79%), Vitamin K: 169.6µg (161.53%), Selenium: 54.05µg (77.21%), Manganese: 1.41mg (70.58%), Vitamin B6: 0.81mg (40.72%), Copper: 0.74mg (37.09%), Folate: 148.16µg (37.04%), Vitamin A: 1654.42IU (33.09%), Fiber: 8.2g (32.8%), Potassium: 1089.53mg (31.13%), Vitamin B3: 6.08mg (30.38%), Phosphorus: 276.7mg (27.67%), Iron: 4.8mg (26.66%), Magnesium: 106.58mg (26.64%), Vitamin B1: 0.37mg (24.44%), Vitamin E: 2.57mg (17.14%), Zinc: 2.16mg (14.4%), Vitamin B2: 0.24mg (14.05%), Calcium: 136.68mg (13.67%), Vitamin B5: 1.12mg (11.23%), Vitamin B12: 0.06µg (1.05%)