



WHATSheATE



HEALTH SCORE

51%

Peperoni Ripieni (Stuffed Peppers)

READY IN



40 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 4 fillet anchovy canned rinsed drained finely chopped
- ☐ 2 tablespoons pickled capers
- ☐ 2 dinner rolls fresh shredded grated
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 2 cloves garlic finely chopped
- ☐ 1 bunch parsley italian finely chopped
- ☐ 2 tablespoons pecorino cheese freshly grated
- ☐ 4 servings salt and pepper to taste
- ☐ 4 bell peppers yellow

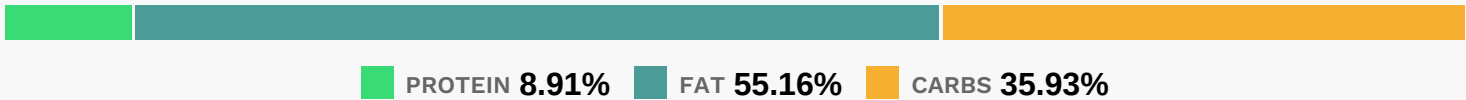
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ In a medium bowl, place the shredded bread and drizzle with 3 tablespoons extra virgin olive oil.
- ☐ Add the parsley, anchovies, 2 tablespoons cheese, capers and garlic and mix well to combine. Season aggressively with pepper and timidly with salt, then slowly mix in the remaining 4 tablespoons olive oil to form a fairly soft paste. Divide the mixture evenly among the 4 hollowed peppers (do not pack the mixture in too tightly) and top with the remaining 2 tablespoons of cheese. Replace the top of each pepper and place each pepper in a baking dish that has been brushed with extra virgin olive oil.
- ☐ Bake in the oven for 20 minutes.
- ☐ Serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.3, Inflammation Score:-9, Nutrition Score:17.917391324173%

Flavonoids

Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg Kaempferol: 5.48mg, Kaempferol: 5.48mg, Kaempferol: 5.48mg, Kaempferol: 5.48mg Myricetin: 2.4mg, Myricetin: 2.4mg, Myricetin: 2.4mg, Myricetin: 2.4mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg

Nutrients (% of daily need)

Calories: 203.71kcal (10.19%), Fat: 13.03g (20.05%), Saturated Fat: 2.29g (14.3%), Carbohydrates: 19.1g (6.37%), Net Carbohydrates: 16.58g (6.03%), Sugar: 0.52g (0.58%), Cholesterol: 3.45mg (1.15%), Sodium: 494.73mg (21.51%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.47%), Vitamin C: 237.96mg (288.43%), Vitamin K: 241.79µg (230.27%), Vitamin A: 1454.85IU (29.1%), Manganese: 0.41mg (20.61%), Folate: 66.77µg (16.69%), Iron: 2.41mg (13.4%), Vitamin B6: 0.25mg (12.64%), Selenium: 8.77µg (12.53%), Vitamin E: 1.77mg (11.81%), Vitamin B3: 2.36mg (11.79%), Potassium: 371.3mg (10.61%), Calcium: 104.06mg (10.41%), Copper: 0.2mg (10.23%), Fiber: 2.52g (10.07%), Vitamin B1: 0.14mg (9.61%), Phosphorus: 83.4mg (8.34%), Magnesium: 32.56mg (8.14%), Vitamin B2: 0.12mg (7.21%), Zinc: 0.67mg (4.45%), Vitamin B5: 0.36mg (3.65%)