



Picadillo-Stuffed Peppers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons chili powder
- ☐ 2 cups brown rice cooked (without salt or fat)
- ☐ 0.3 cup currants
- ☐ 2 garlic cloves minced
- ☐ 4 large bell peppers green
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 6 ounces ground round

- ☐ 1 cup onion chopped
- ☐ 0.3 cup pimiento-stuffed olives green sliced
- ☐ 8 ounce no-salt-added tomato sauce canned

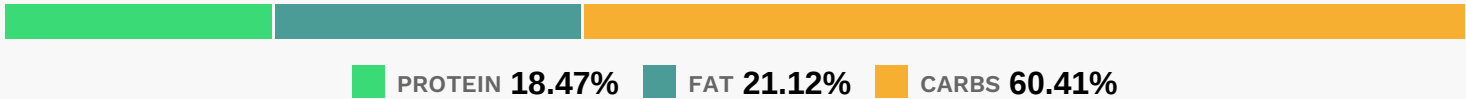
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cut tops off peppers, and remove seeds. Cook tops and bottoms of peppers in boiling water 5 minutes.
- ☐ Drain peppers; set aside.
- ☐ Preheat oven to 35
- ☐ Cook ground round, onion, and garlic in a large nonstick skillet over medium heat until meat is browned, stirring until it crumbles; drain. Wipe drippings from skillet with a paper towel. Return meat mixture to skillet, and add rice and remaining 6 ingredients. Cook 3 minutes or until thoroughly heated, stirring occasionally.
- ☐ Spoon meat mixture evenly into pepper shells, and replace tops; place stuffed shells in an 8-inch square baking dish.
- ☐ Add hot water to dish to a depth of 1 inch.
- ☐ Bake, uncovered, at 350 for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:49.8, Glycemic Load:15.11, Inflammation Score:-9, Nutrition Score:23.374782366597%

Flavonoids

Luteolin: 7.78mg, Luteolin: 7.78mg, Luteolin: 7.78mg, Luteolin: 7.78mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.77mg, Quercetin: 11.77mg, Quercetin: 11.77mg, Quercetin: 11.77mg

Nutrients (% of daily need)

Calories: 292.02kcal (14.6%), Fat: 7.12g (10.96%), Saturated Fat: 2.23g (13.97%), Carbohydrates: 45.85g (15.28%), Net Carbohydrates: 38.6g (14.04%), Sugar: 13.4g (14.89%), Cholesterol: 27.64mg (9.21%), Sodium: 457.32mg (19.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.02g (28.03%), Vitamin C: 139.73mg (169.37%), Manganese: 1.51mg (75.45%), Vitamin B6: 0.84mg (42.21%), Fiber: 7.25g (28.99%), Vitamin B3: 5.17mg (25.83%), Vitamin A: 1196.19IU (23.92%), Potassium: 835.79mg (23.88%), Phosphorus: 230.15mg (23.01%), Magnesium: 88.25mg (22.06%), Zinc: 3.17mg (21.14%), Iron: 3.41mg (18.92%), Vitamin B1: 0.27mg (17.84%), Copper: 0.35mg (17.74%), Vitamin B12: 0.94µg (15.66%), Vitamin E: 2.3mg (15.34%), Vitamin K: 15.79µg (15.04%), Selenium: 8.19µg (11.69%), Vitamin B2: 0.2mg (11.63%), Vitamin B5: 1.05mg (10.46%), Folate: 37.09µg (9.27%), Calcium: 72.62mg (7.26%)