



Pimentones Rellenos (Colombian Style-Stuffed Peppers)

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



410 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound bacon diced
- ☐ 0.5 cup bread crumbs
- ☐ 1 cups rice white cooked
- ☐ 2 eggs diced cooked
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 0.3 cup parsley fresh
- ☐ 2 garlic cloves finely chopped

- ☐ 0.5 pound ground beef
- ☐ 0.5 teaspoon ground cumin
- ☐ 6 servings salt and ground pepper black
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 6 bell peppers green red seeded
- ☐ 1 scallion chopped
- ☐ 1 tablespoon tomato paste
- ☐ 1 cup tomatoes chopped

Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

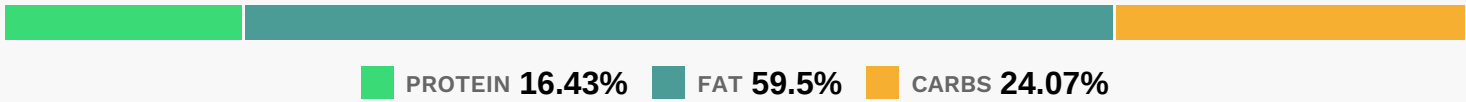
Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Place the peppers in a pot with water and cook for 5 minutes.
- ☐ Remove the peppers from the pot and allow to cool. In a large skillet over medium heat, add the oil and the bacon and cook for 5 minutes or until cooked.
- ☐ Add the onions, scallions and garlic and saute for 5 minutes.
- ☐ Add the tomatoes and continue to cook until the vegetables are tender.
- ☐ Add the beef, cooked rice, cooked eggs, cumin and adjust the seasoning with salt and pepper. Stir in the tomato paste. Cook for about 15 minutes.
- ☐ Remove from the heat and add the fresh cilantro and parsley. Spoon the mixture into the cooled peppers.
- ☐ Transfer the peppers to a baking dish and top with breadcrumbs.
- ☐ Bake until the peppers are heated through, about 15 minutes.

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Remove from the oven and serve.

Nutrition Facts



Properties

Glycemic Index:65.33, Glycemic Load:9.47, Inflammation Score:-8, Nutrition Score:21.486521834913%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 5.64mg, Luteolin: 5.64mg, Luteolin: 5.64mg, Luteolin: 5.64mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg

Nutrients (% of daily need)

Calories: 410.2kcal (20.51%), Fat: 27.2g (41.85%), Saturated Fat: 8.93g (55.84%), Carbohydrates: 24.77g (8.26%), Net Carbohydrates: 21.16g (7.69%), Sugar: 5.68g (6.31%), Cholesterol: 106.35mg (35.45%), Sodium: 392.02mg (17.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.9g (33.79%), Vitamin C: 105.84mg (128.29%), Vitamin K: 61.3µg (58.38%), Selenium: 22.46µg (32.09%), Vitamin B6: 0.63mg (31.25%), Manganese: 0.48mg (24%), Vitamin B3: 4.73mg (23.65%), Phosphorus: 214.1mg (21.41%), Vitamin A: 1059.83IU (21.2%), Vitamin B1: 0.32mg (21.1%), Vitamin B12: 1.16µg (19.33%), Zinc: 2.79mg (18.62%), Potassium: 588.26mg (16.81%), Vitamin B2: 0.25mg (14.68%), Fiber: 3.61g (14.44%), Iron: 2.59mg (14.37%), Folate: 46.53µg (11.63%), Copper: 0.22mg (10.83%), Vitamin E: 1.57mg (10.49%), Magnesium: 41.02mg (10.26%), Vitamin B5: 0.98mg (9.76%), Calcium: 66.65mg (6.67%), Vitamin D: 0.48µg (3.22%)