



Pimiento Relleno (Puerto Rican Stuffed Peppers)

 **Gluten Free**

READY IN



60 min.

SERVINGS



4

CALORIES



455 kcal

SIDE DISH

Ingredients

- ☐ 4 bell peppers
- ☐ 0.3 teaspoon pepper black
- ☐ 8 ounce tomato sauce canned
- ☐ 1 tablespoon capers
- ☐ 1.5 cups rice white cooked
- ☐ 0.5 teaspoon cumin
- ☐ 2 cloves garlic minced

- ☐ 1 pound ground beef lean
- ☐ 1 cup monterrey jack cheese shredded
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion chopped
- ☐ 0.3 teaspoon oregano
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sofrito
- ☐ 2 tablespoons sofrito

Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bring a large pot of water to a boil. Cook bell peppers in boiling water until softened, about 10 minutes. Arrange peppers in a baking dish with the cut side on the bottom of the dish.
- ☐ Bake peppers in preheated oven for about 10 minutes.
- ☐ Remove from oven and set aside.
- ☐ Heat oil in a skillet over medium heat. Cook and stir onion in hot oil until fragrant, about 2 minutes. Stir sofrito, garlic, salt, cumin, oregano, and black pepper with the onion; let mixture cook together for about 1 minute. Break ground beef into small pieces into the skillet; cook and stir until the beef is crumbly and completely browned, 7 to 10 minutes. Stir tomato sauce, capers, and rice through the beef mixture; spoon into the peppers.
- ☐ Sprinkle cheese over the top of the stuffed peppers.
- ☐ Continue baking in oven until the cheese is melted, about 10 minutes.

Nutrition Facts



 **PROTEIN 30.7%**  **FAT 43.4%**  **CARBS 25.9%**

Properties

Glycemic Index:78, Glycemic Load:20.98, Inflammation Score:-10, Nutrition Score:31.251739279084%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 455.46kcal (22.77%), Fat: 22.03g (33.89%), Saturated Fat: 9.07g (56.71%), Carbohydrates: 29.57g (9.86%), Net Carbohydrates: 25.48g (9.27%), Sugar: 7.96g (8.85%), Cholesterol: 95.45mg (31.82%), Sodium: 1156.77mg (50.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.06g (70.11%), Vitamin C: 158.16mg (191.71%), Vitamin A: 4197.87IU (83.96%), Zinc: 7.4mg (49.36%), Vitamin B6: 0.97mg (48.33%), Vitamin B12: 2.77µg (46.24%), Phosphorus: 430.88mg (43.09%), Selenium: 29.08µg (41.54%), Vitamin B3: 8.28mg (41.41%), Manganese: 0.57mg (28.46%), Vitamin E: 4.17mg (27.83%), Vitamin B2: 0.45mg (26.43%), Calcium: 255.99mg (25.6%), Potassium: 895.72mg (25.59%), Iron: 4.44mg (24.67%), Folate: 76.55µg (19.14%), Magnesium: 66.74mg (16.68%), Fiber: 4.09g (16.36%), Vitamin B5: 1.6mg (16.05%), Vitamin K: 14.26µg (13.58%), Copper: 0.25mg (12.33%), Vitamin B1: 0.15mg (10.25%), Vitamin D: 0.28µg (1.89%)