

Pizzeria Peppers

READY IN



45 min.

SERVINGS



2

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 garlic cloves minced
- ☐ 1 pound bell peppers green
- ☐ 2 tablespoons olives green sliced
- ☐ 2 ounce bread italian toasted
- ☐ 0.5 teaspoon penzey's southwest seasoning dried italian
- ☐ 0.5 pound italian-flavored turkey sausage
- ☐ 0.5 cup mushrooms sliced
- ☐ 0.5 cup onion chopped
- ☐ 1 tablespoon parmesan cheese grated

- ☐ 1 ounce part-skim mozzarella cheese shredded
- ☐ 0.1 teaspoon salt
- ☐ 8 ounce no-salt-added tomato sauce canned

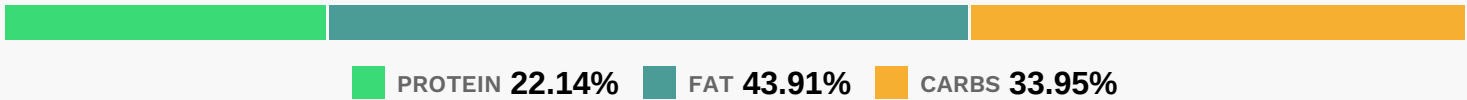
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350
- ☐ Cut tops off bell peppers; discard tops, seeds, and membranes. Cook peppers in boiling water 5 minutes; drain and set aside.
- ☐ Remove casings from sausage, and discard casings. Cook sausage, onion, and garlic in a large nonstick skillet over medium heat until browned, stirring to crumble sausage.
- ☐ Add mushrooms; saute 2 minutes or until tender. Stir in Parmesan cheese, olives, Italian seasoning, salt, and tomato sauce; cook 4 minutes, stirring frequently.
- ☐ Divide sausage mixture evenly between peppers, and top with mozzarella cheese.
- ☐ Place stuffed peppers in an 8-inch square baking dish; bake at 350 for 15 minutes.
- ☐ Serve with toasted bread. (Serving size: 1 stuffed pepper and 1 bread slice).

Nutrition Facts



Properties

Glycemic Index:74.5, Glycemic Load:3.9, Inflammation Score:-9, Nutrition Score:32.113913098107%

Flavonoids

Luteolin: 10.73mg, Luteolin: 10.73mg, Luteolin: 10.73mg, Luteolin: 10.73mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 13.18mg, Quercetin: 13.18mg, Quercetin: 13.18mg, Quercetin: 13.18mg

Nutrients (% of daily need)

Calories: 495.14kcal (24.76%), Fat: 24.99g (38.45%), Saturated Fat: 11.5g (71.88%), Carbohydrates: 43.48g (14.49%), Net Carbohydrates: 34.45g (12.53%), Sugar: 24.3g (27%), Cholesterol: 71.35mg (23.78%), Sodium: 2106.89mg (91.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.35g (56.71%), Vitamin C: 229.17mg (277.78%), Iron: 13.86mg (77.02%), Vitamin B6: 1.18mg (59.05%), Selenium: 31.72µg (45.32%), Vitamin B3: 8.65mg (43.24%), Phosphorus: 415.62mg (41.56%), Fiber: 9.03g (36.12%), Potassium: 1191.55mg (34.04%), Vitamin A: 1624.27IU (32.49%), Vitamin B2: 0.52mg (30.84%), Manganese: 0.61mg (30.74%), Copper: 0.52mg (26.21%), Zinc: 3.76mg (25.07%), Vitamin K: 23.66µg (22.53%), Calcium: 222.9mg (22.29%), Vitamin B1: 0.33mg (21.75%), Magnesium: 86.14mg (21.53%), Vitamin E: 2.91mg (19.42%), Vitamin B5: 1.93mg (19.31%), Folate: 74.44µg (18.61%), Vitamin B12: 0.65µg (10.79%)