



Potato-Stuffed Grilled Bell Peppers



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



383 kcal

SIDE DISH

Ingredients

- ☐ 3.5 pounds baking potatoes
- ☐ 3 tablespoons butter
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 0.5 cup gouda cheese shredded
- ☐ 0.3 cup green onions sliced
- ☐ 0.5 teaspoon ground pepper
- ☐ 0.3 teaspoon paprika
- ☐ 4 large bell peppers red

- ☐ 0.8 teaspoon salt
- ☐ 16 ounce cup heavy whipping cream sour

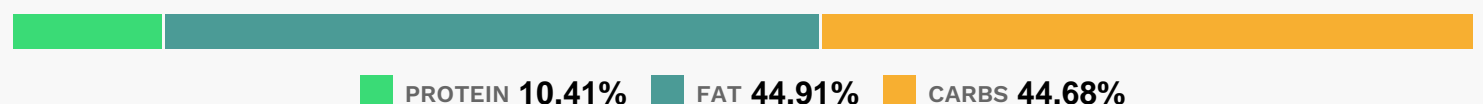
Equipment

- ☐ bowl
- ☐ oven
- ☐ potato masher
- ☐ grill

Directions

- ☐ Pierce each potato 3 to 4 times with a fork, and place directly on oven rack.
- ☐ Bake at 450 for 1 hour and 30 minutes.
- ☐ Let cool slightly, about 15 minutes.
- ☐ Cut bell peppers in half lengthwise, cutting through stems and keeping intact.
- ☐ Remove and discard seeds and membranes; rinse and pat dry. Set aside.
- ☐ Cut baked potatoes in half. Scoop out pulp into a large bowl, discarding shells.
- ☐ Add sour cream and next 6 ingredients to pulp, blending well with a fork or potato masher.
- ☐ Spoon potato mixture evenly into bell pepper halves.
- ☐ Sprinkle with paprika.
- ☐ Grill peppers, covered with grill lid, over medium-high heat (350 to 400 degrees Fahrenheit) for 10 to 15 minutes or until peppers are blistered and potato mixture bubbles around edges.
- ☐ Serve immediately.
- ☐ Note: We tried microwaving the potatoes, but the texture is mealy; baking is the best choice.
- ☐ Grilled Stuffed Potatoes: Omit red bell peppers. Proceed with recipe as directed, reserving potato shells and spooning potato mixture into reserved potato shells. Grill as directed or bake at 350 for 20 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:38.09, Glycemic Load:29.41, Inflammation Score:-10, Nutrition Score:22.827825888343%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 382.67kcal (19.13%), Fat: 19.74g (30.37%), Saturated Fat: 11.13g (69.59%), Carbohydrates: 44.2g (14.73%), Net Carbohydrates: 39.71g (14.44%), Sugar: 7.03g (7.81%), Cholesterol: 61.6mg (20.53%), Sodium: 405.06mg (17.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.29g (20.58%), Vitamin C: 119.36mg (144.68%), Vitamin A: 3326.07IU (66.52%), Vitamin B6: 0.96mg (48.17%), Vitamin K: 40.47µg (38.54%), Potassium: 1110.63mg (31.73%), Phosphorus: 257.97mg (25.8%), Manganese: 0.44mg (21.81%), Calcium: 198.72mg (19.87%), Folate: 76.5µg (19.12%), Fiber: 4.49g (17.94%), Vitamin B2: 0.29mg (16.86%), Magnesium: 67.25mg (16.81%), Vitamin B1: 0.23mg (15.09%), Vitamin B3: 2.96mg (14.82%), Iron: 2.3mg (12.79%), Copper: 0.24mg (12.05%), Vitamin E: 1.74mg (11.57%), Vitamin B5: 1.12mg (11.15%), Zinc: 1.58mg (10.55%), Selenium: 5.2µg (7.43%), Vitamin B12: 0.36µg (5.93%)