



Prego® Good-For-You Stuffed Peppers

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound extra ground beef lean
- ☐ 6 medium pasilla peppers green
- ☐ 26 ounce heart smart sauce italian traditional prego®
- ☐ 0.5 cup quick-cooking brown rice uncooked
- ☐ 1 cup mozzarella cheese fat-free shredded

Equipment

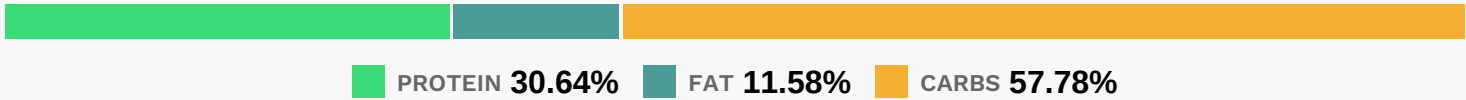
- ☐ frying pan
- ☐ oven

☐ roasting pan

Directions

- ☐ Cook the rice without salt or butter according to the package directions.
- ☐ Cook the beef in a 10-inch skillet over medium-high heat until the beef is well browned, stirring often.
- ☐ Pour off any fat. Stir 2 cups of the sauce and the rice into the skillet.
- ☐ Cut each pepper in half lengthwise. Discard the seeds and white membranes.
- ☐ Place the pepper shells in a 17x11-inch roasting pan.
- ☐ Spoon the beef mixture into the pepper shells.
- ☐ Pour the remaining sauce over the filled peppers. Cover.
- ☐ Bake at 400 degrees F for 45 minutes or until the peppers are tender. Top with the cheese.
- ☐ Let stand for 5 minutes or until the cheese melts.

Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:0.35, Inflammation Score:-7, Nutrition Score:18.626956525056%

Flavonoids

Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 331.03kcal (16.55%), Fat: 4.17g (6.42%), Saturated Fat: 1.78g (11.13%), Carbohydrates: 46.85g (15.62%), Net Carbohydrates: 44.35g (16.13%), Sugar: 31.52g (35.02%), Cholesterol: 50.26mg (16.75%), Sodium: 1668.29mg (72.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.85g (49.69%), Vitamin C: 95.68mg (115.97%), Zinc: 4.84mg (32.29%), Vitamin B12: 1.87µg (31.11%), Phosphorus: 305.49mg (30.55%), Vitamin B6: 0.59mg (29.34%), Selenium: 19.38µg (27.69%), Vitamin B3: 5.25mg (26.25%), Calcium: 201.27mg (20.13%), Iron: 2.71mg (15.08%), Potassium: 491.72mg (14.05%), Vitamin B2: 0.21mg (12.56%), Vitamin B1: 0.17mg (11.26%), Manganese: 0.22mg (11.17%), Vitamin A: 530.89IU (10.62%), Fiber: 2.5g (9.99%), Folate: 37.27µg (9.32%), Magnesium: 35.75mg (8.94%), Vitamin K: 9.34µg (8.9%), Copper: 0.16mg (7.79%), Vitamin B5: 0.63mg (6.34%), Vitamin E: 0.68mg (4.54%)