



Quick and Easy Italian Stuffed Peppers

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



280 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup black beans canned rinsed drained
- 0.8 cup rice cooked
- 2 large bell pepper green halved seeded
- 0.5 lb ground sausage italian

Equipment

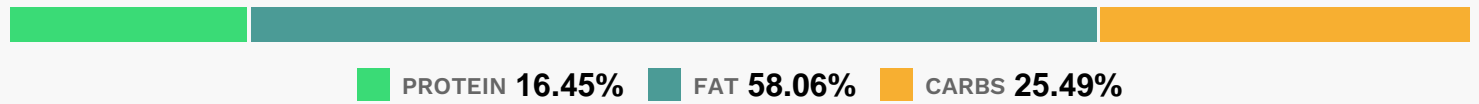
- frying pan
- sauce pan
- plastic wrap

microwave

Directions

- PLACE peppers open sides up on microwavable plate. Cover with plastic wrap. Microwave on High 3 minutes. Set aside.
- COOK sausage in 10-inch skillet over medium-high heat 4–6 minutes or until no longer pink; drain. Stir in beans, rice and half of cooking sauce. Stuff in bell pepper halves.
- HEAT remaining sauce in 1-quart saucepan over medium heat.
- Serve with peppers.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:9.31, Inflammation Score:-5, Nutrition Score:13.458695515342%

Flavonoids

Luteolin: 3.86mg, Luteolin: 3.86mg, Luteolin: 3.86mg, Luteolin: 3.86mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 280.44kcal (14.02%), Fat: 18.08g (27.81%), Saturated Fat: 6.48g (40.53%), Carbohydrates: 17.86g (5.95%), Net Carbohydrates: 14.12g (5.14%), Sugar: 1.98g (2.2%), Cholesterol: 43.09mg (14.36%), Sodium: 541.07mg (23.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.53g (23.05%), Vitamin C: 67.93mg (82.34%), Vitamin B1: 0.42mg (27.99%), Selenium: 16.7µg (23.86%), Vitamin B6: 0.4mg (19.95%), Manganese: 0.35mg (17.39%), Fiber: 3.74g (14.95%), Phosphorus: 144.48mg (14.45%), Vitamin B3: 2.55mg (12.77%), Potassium: 396.65mg (11.33%), Zinc: 1.44mg (9.61%), Vitamin B2: 0.16mg (9.46%), Copper: 0.18mg (9.09%), Iron: 1.62mg (9%), Vitamin B12: 0.52µg (8.6%), Folate: 33.3µg (8.32%), Magnesium: 30.98mg (7.75%), Vitamin A: 304.69IU (6.09%), Vitamin K: 6.07µg (5.78%), Vitamin B5: 0.55mg (5.45%), Calcium: 32.66mg (3.27%), Vitamin E: 0.32mg (2.1%)