






 **56%**
HEALTH SCORE

Quick and Easy Stuffed Peppers

 **Gluten Free**  **Popular**

READY IN

30 min.

SERVINGS

4

CALORIES

216 kcal

ANTIPASTI **STARTER** **SNACK** **APPETIZER**

Ingredients

- 15 ounce kidney beans drained and rinsed canned
- 8 ounce canned tomatoes with liquid canned
- 0.5 cup corn kernels frozen thawed drained
- 2 green onions thinly sliced
- 1 tablespoon parmesan cheese grated
- 0.3 cup quick-cooking brown rice
- 2 large bell peppers red halved seeded
- 0.3 teaspoon pepper flakes red crushed

- 0.5 cup mozzarella cheese shredded
- 2 tablespoons water hot

Equipment

- bowl
- plastic wrap
- microwave
- glass baking pan

Directions

- Arrange pepper halves in a 9 inch square glass baking dish. Cover dish with plastic wrap. Poke a few holes in the plastic wrap for vents, and heat 4 minutes in the microwave, or until tender.
- In a medium bowl, mix tomatoes and their liquid, rice, and water. Cover with plastic, and cook in the microwave for 4 minutes, or until rice is cooked.
- Stir green onions, corn, kidney beans, and red pepper flakes into the tomato mixture.
- Heat in the microwave for 3 minutes, or until heated through.
- Spoon hot tomato mixture evenly into pepper halves, and cover with plastic wrap. Poke a few holes in the plastic to vent steam, and heat in the microwave 4 minutes.
- Remove plastic, sprinkle with mozzarella cheese and Parmesan cheese, and allow to stand 1 to 2 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:7.63, Inflammation Score:-10, Nutrition Score:21.611739071815%

Flavonoids

Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 216.08kcal (10.8%), Fat: 4.61g (7.1%), Saturated Fat: 2.25g (14.06%), Carbohydrates: 34.64g (11.55%), Net Carbohydrates: 25.46g (9.26%), Sugar: 9.11g (10.13%), Cholesterol: 12.15mg (4.05%), Sodium: 506.06mg (22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.92g (23.84%), Vitamin C: 112.48mg (136.34%), Vitamin A: 2900.88IU (58.02%), Fiber: 9.18g (36.72%), Manganese: 0.62mg (30.8%), Folate: 104.96µg (26.24%), Vitamin K: 24.28µg (23.13%), Phosphorus: 230.12mg (23.01%), Vitamin B6: 0.44mg (21.88%), Potassium: 676.49mg (19.33%), Vitamin B1: 0.28mg (18.77%), Iron: 3.1mg (17.24%), Magnesium: 61.44mg (15.36%), Copper: 0.3mg (15.14%), Calcium: 144.75mg (14.47%), Vitamin E: 2.16mg (14.4%), Vitamin B2: 0.24mg (14.15%), Vitamin B3: 2.79mg (13.95%), Zinc: 1.68mg (11.18%), Selenium: 7.26µg (10.37%), Vitamin B5: 0.69mg (6.89%), Vitamin B12: 0.34µg (5.6%)