



Quinoa and Vegetable Stuffed Peppers



Vegetarian



Gluten Free



Very Healthy

READY IN



70 min.

SERVINGS



6

CALORIES



304 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 small bell peppers mixed halved seeded
- ☐ 1 chile pepper dried fresh such as fresno, thinly sliced, or 1 teaspoon crushed pepper
- ☐ 1 small eggplant firm trimmed chopped
- ☐ 3 tablespoons evoo for drizzling
- ☐ 0.5 cup flat-leaf parsley leaves fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 4 cloves garlic thinly sliced
- ☐ 2 plum tomatoes chopped

- ☐ 1 cup quinoa
- ☐ 1 onion red chopped
- ☐ 1 cup pecorino crumbled
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 cups vegetable stock
- ☐ 1 zucchini small to medium firm seeded chopped

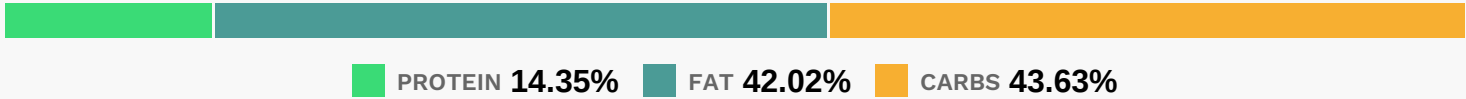
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 450 degrees F.
- ☐ Bring the quinoa and stock to a boil. Cover and simmer until the liquid is absorbed and the grain looks translucent, 12 to 15 minutes. Then fluff with a fork. You will have about 4 cups of cooked grain.
- ☐ Drizzle the bell pepper halves with EVOO and season both sides with salt and pepper. Roast cut-side down until the skins begin to char and the peppers are just tender, about 20 minutes.
- ☐ Remove from the oven and cool to room temp, then arrange in a baking dish cut-side up.
- ☐ Meanwhile, heat 3 tablespoons EVOO, 3 turns of the pan, over medium-high heat.
- ☐ Add the garlic, eggplant, zucchini, onions and chiles, and season with salt and pepper. Cook partially covered to tender, 10 to 12 minutes.
- ☐ Add the herbs and tomatoes, and combine with the quinoa.
- ☐ Fill the pepper halves with the quinoa and vegetable stuffing and drizzle with EVOO. Cool and chill for a make-ahead meal. To serve, roast in a 375 degree F oven until the peppers are hot through.
- ☐ Serve the pepper halves topped with lots of cheese crumbles.

Nutrition Facts



Properties

Glycemic Index:51.33, Glycemic Load:3.32, Inflammation Score:-10, Nutrition Score:26.965652198895%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 10.88mg, Apigenin: 10.88mg, Apigenin: 10.88mg, Apigenin: 10.88mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 303.53kcal (15.18%), Fat: 14.68g (22.59%), Saturated Fat: 4.72g (29.5%), Carbohydrates: 34.3g (11.43%), Net Carbohydrates: 27.18g (9.88%), Sugar: 8.81g (9.79%), Cholesterol: 21.08mg (7.03%), Sodium: 362.29mg (15.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.28g (22.56%), Vitamin C: 114.33mg (138.58%), Vitamin K: 96.36µg (91.78%), Vitamin A: 3450.75IU (69.01%), Manganese: 1.02mg (51.02%), Folate: 132.21µg (33.05%), Fiber: 7.12g (28.48%), Vitamin B6: 0.56mg (27.98%), Phosphorus: 262.66mg (26.27%), Magnesium: 94.66mg (23.67%), Vitamin E: 3.34mg (22.27%), Potassium: 744.21mg (21.26%), Vitamin B2: 0.31mg (18.51%), Copper: 0.31mg (15.4%), Iron: 2.65mg (14.74%), Vitamin B1: 0.22mg (14.53%), Calcium: 138.06mg (13.81%), Selenium: 9.16µg (13.08%), Zinc: 1.94mg (12.9%), Vitamin B3: 2.1mg (10.52%), Vitamin B5: 0.9mg (9.04%), Vitamin B12: 0.14µg (2.34%)