



76%
HEALTH SCORE

Quinoa Stuffed Peppers

 Vegetarian  Gluten Free  Very Healthy  Popular

READY IN



80 min.

SERVINGS



6

CALORIES



277 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 bell peppers seeded
- 1 small eggplant diced
- 2 cloves garlic minced
- 6 servings salt and ground pepper black to taste
- 2 tablespoons olive oil
- 1 small onion diced
- 1 cup quinoa rinsed drained
- 1 cup mozzarella cheese shredded to taste

- 1 tomatoes diced
- 1 cup tomato sauce
- 2 cups water
- 1 zucchini diced

Equipment

- frying pan
- sauce pan
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line a deep baking dish with aluminum foil.
- Mix quinoa and water together in a saucepan; bring to a boil. Cover, reduce heat, and simmer until quinoa is tender and water is absorbed, about 15 minutes.
- Heat olive oil in a large skillet over medium heat; cook and stir onion and garlic until fragrant and slightly translucent, 5 to 7 minutes.
- Add zucchini, eggplant, and tomato; cook until slightly tender, 3 to 5 minutes. Stir tomato sauce into vegetable mixture; cover and simmer until vegetables have softened, about 10 more minutes.
- Stir quinoa into vegetable mixture. Season with salt and pepper. Fill bell peppers with quinoa-vegetable mixture.
- Place peppers in prepared baking dish. Cover dish with aluminum foil.
- Bake in the preheated oven until bell peppers are slightly tender, about 18 minutes.
- Remove aluminum foil cover; sprinkle peppers with mozzarella cheese.
- Bake until cheese is bubbling and melted, about 5 more minutes.

Nutrition Facts



■ PROTEIN 15.62% ■ FAT 35.16% ■ CARBS 49.22%

Properties

Glycemic Index:46, Glycemic Load:3.63, Inflammation Score:-10, Nutrition Score:26.171739163606%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 276.99kcal (13.85%), Fat: 11.34g (17.45%), Saturated Fat: 3.45g (21.58%), Carbohydrates: 35.72g (11.91%), Net Carbohydrates: 27.52g (10.01%), Sugar: 11.2g (12.44%), Cholesterol: 14.75mg (4.92%), Sodium: 326.62mg (14.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.33g (22.67%), Vitamin C: 166.69mg (202.05%), Vitamin A: 4287.38IU (85.75%), Manganese: 1.06mg (53.07%), Folate: 141.83µg (35.46%), Vitamin B6: 0.69mg (34.58%), Fiber: 8.2g (32.81%), Vitamin E: 4.25mg (28.33%), Phosphorus: 278.25mg (27.83%), Magnesium: 101.15mg (25.29%), Potassium: 877.14mg (25.06%), Vitamin B2: 0.34mg (19.88%), Copper: 0.35mg (17.46%), Vitamin B1: 0.24mg (16.08%), Vitamin K: 16.14µg (15.37%), Iron: 2.71mg (15.05%), Calcium: 143.13mg (14.31%), Zinc: 2.11mg (14.09%), Vitamin B3: 2.81mg (14.03%), Vitamin B5: 1.07mg (10.7%), Selenium: 6.45µg (9.21%), Vitamin B12: 0.43µg (7.09%)