



Quinoa-Stuffed Piquillo Peppers



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



404 kcal

SIDE DISH

Ingredients

- ☐ 1 cup cilantro leaves fresh
- ☐ 6 ounces goat cheese crumbled
- ☐ 0.5 cup golden raisins
- ☐ 0.5 jalapeno
- ☐ 0.5 cup kosher salt and ground pepper golden raisins black finely
- ☐ 4 servings kosher salt
- ☐ 4 servings kosher salt and ground pepper black finely
- ☐ 1 tablespoon juice of lime fresh

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 14 ounce piquillo peppers rinsed drained
- ☐ 1 cup quinoa
- ☐ 0.3 cup onion white chopped
- ☐ 5 ounces zucchini chopped

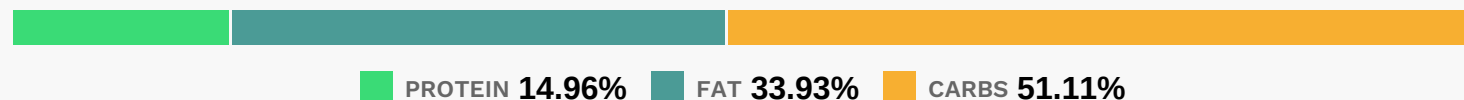
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ For the zucchini salsa: Puree the zucchini, onion, jalapeno, cilantro, lime juice, 1 teaspoon salt and 1/4 teaspoon pepper in a blender.
- ☐ For the quinoa and goat cheese piquillo peppers: Bring the quinoa, 2 cups water and 1/2 teaspoon salt to a boil in a medium saucepan. Reduce to a simmer, cover and cook until tender, about 10 minutes.
- ☐ Drain and toss with the olive oil.
- ☐ Let cool about 10 minutes.
- ☐ Fold in the goat cheese and raisins. Stuff the quinoa filling into the piquillo peppers and place them in a 2-quart baking dish and cover with foil.
- ☐ Heat the peppers until the filling is hot throughout, about 20 minutes.
- ☐ Serve the peppers with the zucchini salsa.

Nutrition Facts



Properties

Glycemic Index:48.67, Glycemic Load:8.12, Inflammation Score:-9, Nutrition Score:21.529130479564%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Nutrients (% of daily need)

Calories: 404.19kcal (20.21%), Fat: 15.28g (23.51%), Saturated Fat: 7.05g (44.04%), Carbohydrates: 51.8g (17.27%), Net Carbohydrates: 47.37g (17.23%), Sugar: 15.07g (16.74%), Cholesterol: 19.56mg (6.52%), Sodium: 14779.41mg (642.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.16g (30.31%), Vitamin C: 71.48mg (86.64%), Manganese: 1.11mg (55.36%), Vitamin A: 1799.74IU (35.99%), Phosphorus: 343.35mg (34.34%), Copper: 0.67mg (33.69%), Iron: 5.24mg (29.13%), Magnesium: 106.39mg (26.6%), Folate: 97.6µg (24.4%), Vitamin B6: 0.46mg (22.83%), Vitamin B2: 0.38mg (22.11%), Fiber: 4.43g (17.7%), Vitamin K: 17.98µg (17.12%), Potassium: 526.53mg (15.04%), Vitamin B1: 0.21mg (13.95%), Zinc: 1.96mg (13.07%), Vitamin E: 1.86mg (12.37%), Calcium: 109.86mg (10.99%), Vitamin B5: 0.76mg (7.62%), Selenium: 5.14µg (7.34%), Vitamin B3: 1.28mg (6.4%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.17µg (1.13%)