

health-score 64%

Very Healthy

Ragu-Stuffed Peppers

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

1167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1 small carrots cut into 4 pieces
- ☐ 1 stalk celery cut into 4 pieces
- ☐ 0.5 cup couscous
- ☐ 12 ounces fettuccine barilla
- ☐ 0.8 cup fontina grated
- ☐ 0.5 cup parsley fresh chopped
- ☐ 0.5 teaspoon rosemary fresh chopped

- ☐ 1 clove garlic
- ☐ 0.8 cup golden raisins
- ☐ 1 pound ground veal
- ☐ 4 servings kosher salt
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 onion
- ☐ 4 servings parmesan cheese freshly grated for serving
- ☐ 4 teaspoons red wine vinegar
- ☐ 2 tablespoons tomato paste
- ☐ 0.5 cup milk whole
- ☐ 4 bell peppers red yellow seeds removed halved lengthwise (, or a mix)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ microwave

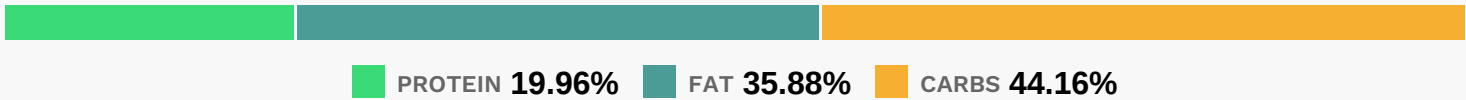
Directions

- ☐ Preheat the oven to 450 degrees F. Toss the bell pepper halves with 1 tablespoon olive oil and 1/2 teaspoon salt in a large microwave-safe bowl. Cover and microwave until the peppers

soften, 10 to 12 minutes.

- ☐ Meanwhile, mix the ragu, couscous, raisins, 1/2 cup cheese, 3 teaspoons vinegar, the parsley and 1/4 teaspoon salt in a bowl.
- ☐ Whisk the remaining 1 tablespoon olive oil and 1 teaspoon vinegar, the tomato paste and 3/4 cup water in the bottom of a large nonreactive baking dish. Carefully transfer the peppers, cut-side up, to the baking dish and fill with the couscous mixture.
- ☐ Sprinkle with the remaining 1/4 cup cheese.
- ☐ Cover the dish with foil and bake until the peppers are tender and the filling is hot, about 20 minutes.
- ☐ Transfer to plates and drizzle with the cooking liquid from the dish.
- ☐ Pulse the onion, celery, carrot, garlic and rosemary in a food processor until finely chopped.
- ☐ Heat the olive oil in a large saucepan over medium-high heat.
- ☐ Add the chopped vegetables and cook, stirring, until softened and golden, 3 to 5 minutes.
- ☐ Add the veal, 1 teaspoon salt and 1/2 teaspoon pepper and cook, breaking up the meat with a wooden spoon, until no longer pink, about 3 minutes.
- ☐ Add the tomatoes, milk, 1 cup water and 1/2 teaspoon salt. Bring to a boil, then reduce the heat and simmer until slightly thickened, about 20 minutes.
- ☐ Meanwhile, bring a large pot of salted water to a boil and cook the fettuccine as the label directs.
- ☐ Drain the pasta, then toss with half of the ragu (about 3 cups). Top with parmesan. Reserve the remaining ragu to make stuffed peppers.
- ☐ Per serving: Calories 484; Fat 12 g (Saturated 3 g); Cholesterol 48 mg; Sodium 462 mg; Carbohydrate 71 g; Fiber 5 g; Protein 25 g

Nutrition Facts



Properties

Glycemic Index:128.38, Glycemic Load:54.86, Inflammation Score:-10, Nutrition Score:59.250000145124%

Flavonoids

Apigenin: 16.46mg, Apigenin: 16.46mg, Apigenin: 16.46mg, Apigenin: 16.46mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 1166.69kcal (58.33%), Fat: 47.36g (72.87%), Saturated Fat: 16.8g (105%), Carbohydrates: 131.18g (43.73%), Net Carbohydrates: 118.6g (43.13%), Sugar: 35.65g (39.61%), Cholesterol: 222.9mg (74.3%), Sodium: 1590.61mg (69.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.27g (118.54%), Vitamin C: 185.5mg (224.85%), Vitamin A: 7627.82IU (152.56%), Vitamin K: 158.07µg (150.54%), Selenium: 93.03µg (132.9%), Phosphorus: 927.58mg (92.76%), Manganese: 1.64mg (81.8%), Vitamin B3: 15.56mg (77.8%), Vitamin B6: 1.54mg (77.11%), Calcium: 607.65mg (60.76%), Zinc: 8.7mg (58.01%), Potassium: 1966.81mg (56.19%), Vitamin E: 8.27mg (55.14%), Vitamin B2: 0.89mg (52.3%), Fiber: 12.58g (50.33%), Copper: 0.99mg (49.41%), Vitamin B12: 2.75µg (45.86%), Magnesium: 178.66mg (44.67%), Iron: 7.49mg (41.6%), Vitamin B5: 3.94mg (39.36%), Folate: 149.35µg (37.34%), Vitamin B1: 0.55mg (36.38%), Vitamin D: 0.89µg (5.93%)