



Raisin-and-Pine Nut Stuffed Peppers

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black
- 1 teaspoon bottled garlic minced
- 15.5 ounce chickpeas undrained canned (garbanzo beans)
- 1 teaspoon basil dried
- 0.8 pound pd of ground turkey
- 0.5 cup rice instant uncooked
- 1 teaspoon olive oil
- 2 cups herb pasta sauce fat-free italian divided (such as Muir Glen)

- 2 tablespoons pinenuts
- 0.3 cup raisins
- 1.5 pounds bell peppers red
- 2 tablespoons romano cheese grated
- 0.5 teaspoon salt

Equipment

- food processor
- bowl
- blender
- baking pan
- microwave
- colander

Directions

- Combine 1 cup pasta sauce, turkey, and next 8 ingredients (turkey through garlic) in a bowl.
- Cut the tops off the bell peppers; reserve tops. Discard the seeds and membranes.
- Divide turkey mixture evenly among peppers; cover with reserved tops.
- Place the peppers in an 8-inch square baking dish. Microwave on HIGH for 14 minutes or until tender.
- While the peppers are cooking, drain the chickpeas in a colander over a bowl, reserving 2/3 cup chickpeas and 1/4 cup chickpea liquid. Reserve the remaining chickpeas for another use.
- Place 1 cup pasta sauce, 2/3 cup chickpeas, 1/4 cup chickpea liquid, and olive oil in a blender or food processor; process until well-blended.
- Place chickpea mixture in a 2-cup glass measure. Microwave on HIGH for 2 minutes or until thoroughly heated, stirring after 1 minute.
- Serve the stuffed bell peppers with sauce.

Nutrition Facts



■ PROTEIN **28.34%** ■ FAT **19.85%** ■ CARBS **51.81%**

Properties

Glycemic Index:81.58, Glycemic Load:23.42, Inflammation Score:-10, Nutrition Score:39.158695573392%

Flavonoids

Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 432.65kcal (21.63%), Fat: 10.01g (15.39%), Saturated Fat: 1.67g (10.44%), Carbohydrates: 58.78g (19.59%), Net Carbohydrates: 47.19g (17.16%), Sugar: 11.75g (13.06%), Cholesterol: 49.38mg (16.46%), Sodium: 1261.23mg (54.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.15g (64.3%), Vitamin C: 227.33mg (275.55%), Vitamin A: 5910.44IU (118.21%), Manganese: 2.05mg (102.58%), Vitamin B6: 1.95mg (97.28%), Vitamin B3: 12mg (59.99%), Fiber: 11.59g (46.37%), Phosphorus: 442.77mg (44.28%), Selenium: 26.05µg (37.22%), Potassium: 1283.48mg (36.67%), Vitamin E: 5.19mg (34.57%), Folate: 128.43µg (32.11%), Magnesium: 118.14mg (29.53%), Copper: 0.55mg (27.4%), Iron: 4.93mg (27.4%), Zinc: 3.64mg (24.29%), Vitamin B5: 2.28mg (22.76%), Vitamin B2: 0.38mg (22.57%), Vitamin K: 20.27µg (19.3%), Vitamin B1: 0.26mg (17.19%), Calcium: 116.74mg (11.67%), Vitamin B12: 0.46µg (7.7%), Vitamin D: 0.35µg (2.35%)