



Red Bells with Turkey Sausage

 Gluten Free

READY IN



50 min.

SERVINGS



2

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup celery chopped 1 rib
- ☐ 0.5 cup rice hot cooked
- ☐ 1 garlic clove chopped
- ☐ 6 ounces turkey sausage italian hot 2 links
- ☐ 0.8 cup onion chopped
- ☐ 1 tablespoon parsley chopped
- ☐ 2 large bell peppers red cored seeded

- ☐ 0.3 teaspoon salt
- ☐ 1.3 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 1 teaspoon vegetable oil
- ☐ 8 cups water

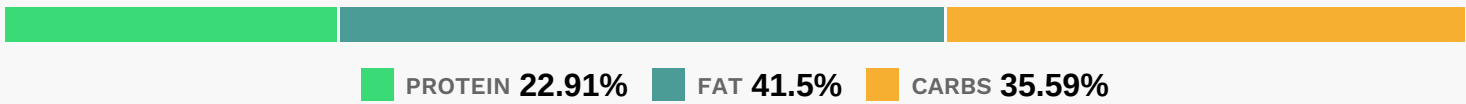
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Bring water to a boil in a large saucepan; add peppers, and cook 4 minutes, turning frequently.
- ☐ Drain peppers; set aside.
- ☐ Preheat oven to 35
- ☐ Remove casings from sausage. Cook sausage in a large nonstick skillet over medium-high heat until browned; remove and set aside.
- ☐ Add oil to pan; place over medium-high heat.
- ☐ Add onion, garlic, and celery, and saut 3 minutes or until tender. Stir in rice and next 4 ingredients.
- ☐ Spoon mixture evenly into peppers; place peppers in an 8 x 4-inch loaf pan.
- ☐ Bake at 350 for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:160.5, Glycemic Load:15.62, Inflammation Score:-10, Nutrition Score:30.579999975536%

Flavonoids

Apigenin: 4.68mg, Apigenin: 4.68mg, Apigenin: 4.68mg, Apigenin: 4.68mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 12.64mg, Quercetin: 12.64mg, Quercetin: 12.64mg, Quercetin: 12.64mg

Nutrients (% of daily need)

Calories: 352.79kcal (17.64%), Fat: 16.67g (25.65%), Saturated Fat: 6.94g (43.37%), Carbohydrates: 32.18g (10.73%), Net Carbohydrates: 26.43g (9.61%), Sugar: 12.44g (13.82%), Cholesterol: 63.5mg (21.17%), Sodium: 1268.65mg (55.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.71g (41.41%), Vitamin C: 243.73mg (295.44%), Vitamin A: 5669.82IU (113.4%), Iron: 9.31mg (51.7%), Vitamin B6: 0.95mg (47.66%), Vitamin K: 49.79µg (47.42%), Selenium: 27.8µg (39.72%), Phosphorus: 325.64mg (32.56%), Manganese: 0.58mg (28.97%), Folate: 106.37µg (26.59%), Vitamin B3: 5.05mg (25.24%), Vitamin B2: 0.4mg (23.55%), Fiber: 5.75g (23%), Zinc: 3.35mg (22.31%), Calcium: 217.57mg (21.76%), Vitamin E: 2.99mg (19.96%), Potassium: 682.5mg (19.5%), Magnesium: 69.32mg (17.33%), Copper: 0.35mg (17.29%), Vitamin B5: 1.55mg (15.53%), Vitamin B1: 0.2mg (13.16%), Vitamin B12: 0.56µg (9.35%)