



Rice Stuffed Bell Peppers (Zeytinyagli Biber Dolmasi)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



226 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon allspice
- 1 kg bell pepper
- 1 kg bell pepper
- 0.3 teaspoon cinnamon
- 1 tablespoon mint leaves
- 1 tablespoon olive oil
- 2 onion finely chopped

- 100 grams rice
- 1 tablespoon salt
- 0.5 teaspoon sugar
- 0.5 tomatoes sliced for caps
- 1 teaspoon tomato paste
- 1 cup water hot

Equipment

- sauce pan
- pot

Directions

- Cut tops off peppers, remove seeds and wash.
- Saute onions with olive oil lightly. Stir in chopped tomatoes and tomato paste. Saut for 3 more minutes.
- Add the rice and braise for 5 minutes. Then add salt, sugar, the spices and, hot water. Simmer until all liquid is evaporated.
- Let it cool for a while. With a spoon fill the peppers with the mixture.
- Place one slice of tomato as a cap on top of each pepper. In a large saucepan or pot, place the rice stuffed bell peppers.
- Add water, enough to almost cover half height of the peppers. Close the lid and cook on low heat, for about 15-20 minutes.
- Serve warm or hot. ENJOY

Nutrition Facts



Properties

Glycemic Index:65.06, Glycemic Load:16.06, Inflammation Score:-10, Nutrition Score:27.437826086957%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 2.58mg, Luteolin: 2.58mg, Luteolin: 2.58mg, Luteolin: 2.58mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.92mg, Quercetin: 9.92mg, Quercetin: 9.92mg, Quercetin: 9.92mg

Taste

Sweetness: 100%, Saltiness: 35.74%, Sourness: 19.62%, Bitterness: 27.86%, Savoriness: 8.38%, Fattiness: 29.26%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 225.56kcal (11.28%), Fat: 4.24g (6.52%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 45.7g (15.23%), Net Carbohydrates: 35.92g (13.06%), Sugar: 19.56g (21.73%), Cholesterol: 0mg (0%), Sodium: 1427.04mg (62.05%), Protein: 6.08g (12.17%), Vitamin C: 517.6mg (627.4%), Vitamin A: 12689.49IU (253.79%), Vitamin B6: 1.26mg (63.19%), Folate: 197.17µg (49.29%), Vitamin E: 6.87mg (45.83%), Fiber: 9.78g (39.12%), Manganese: 0.78mg (38.94%), Potassium: 981.09mg (28.03%), Vitamin B3: 4.42mg (22.11%), Vitamin B2: 0.37mg (21.69%), Vitamin K: 22.62µg (21.54%), Vitamin B1: 0.26mg (17.1%), Vitamin B5: 1.54mg (15.41%), Magnesium: 60.9mg (15.22%), Phosphorus: 144.73mg (14.47%), Iron: 2.14mg (11.9%), Zinc: 1.34mg (8.96%), Copper: 0.15mg (7.71%), Selenium: 3.72µg (5.31%), Calcium: 52.45mg (5.25%)