



Rice-Stuffed Peppers



Vegetarian



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup rice long-grain cooked
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 medium size bell peppers green
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce spaghetti sauce divided

☐ 1 cup vegetarian burger crumbles

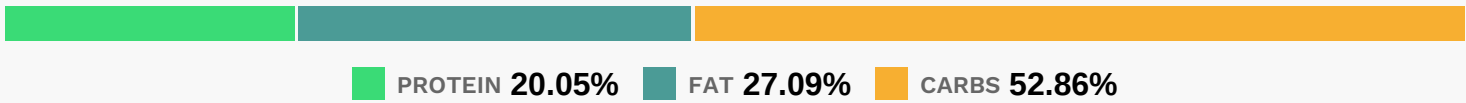
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cut off tops of bell peppers; remove seeds and membranes, and place bell pepper cups in a lightly greased 8-inch square baking dish.
- ☐ Remove stems from tops, and discard; chop bell pepper tops.
- ☐ Saute chopped bell pepper and onion in hot oil in a large skillet over medium-high heat about 5 minutes.
- ☐ Remove from heat, and stir in 1 1/2 cups spaghetti sauce and next 5 ingredients. Spoon mixture evenly into bell pepper cups. Top evenly with remaining 1/2 cup spaghetti sauce.
- ☐ Bake, covered, at 400 for 45 minutes. Uncover and sprinkle evenly with cheese, if desired; bake 5 more minutes or until cheese melts.
- ☐ Note: For testing purposes only, we used Boca Burger Crumbles for vegetarian burger crumbles.

Nutrition Facts



Properties

Glycemic Index:71.75, Glycemic Load:16.84, Inflammation Score:-9, Nutrition Score:27.865217291791%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 5.64mg, Luteolin: 5.64mg, Luteolin: 5.64mg, Luteolin: 5.64mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 10.25mg, Quercetin: 10.25mg, Quercetin: 10.25mg, Quercetin: 10.25mg

Nutrients (% of daily need)

Calories: 254.03kcal (12.7%), Fat: 7.94g (12.21%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 34.84g (11.61%), Net Carbohydrates: 27.32g (9.94%), Sugar: 9.15g (10.17%), Cholesterol: 2.96mg (0.99%), Sodium: 1026.08mg (44.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.22g (26.44%), Vitamin C: 111.71mg (135.41%), Vitamin B1: 1.69mg (112.63%), Manganese: 1.08mg (54.17%), Vitamin K: 49.73µg (47.36%), Vitamin B6: 0.64mg (32.04%), Fiber: 7.52g (30.06%), Folate: 106.82µg (26.7%), Selenium: 17.21µg (24.58%), Potassium: 823.38mg (23.53%), Vitamin A: 1110.69IU (22.21%), Vitamin B3: 4.14mg (20.71%), Phosphorus: 205.48mg (20.55%), Vitamin B12: 1.19µg (19.81%), Copper: 0.37mg (18.69%), Vitamin E: 2.75mg (18.35%), Iron: 3.23mg (17.96%), Magnesium: 71.74mg (17.93%), Vitamin B2: 0.27mg (15.81%), Calcium: 124.23mg (12.42%), Zinc: 1.43mg (9.53%), Vitamin B5: 0.85mg (8.49%)