



Roasted Stuffed Peppers

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 cherry tomatoes
- 0.8 cup goat cheese crumbled (goat)
- 1 loaf top french
- 2 cloves garlic thinly sliced
- 3 tablespoons olive oil
- 1 small bunch oregano fresh chopped
- 0.5 teaspoon pepper
- 1 teaspoon salt

- 2 cups water boiling
- 3 bell pepper red yellow

Equipment

- bowl
- frying pan
- baking sheet
- oven
- baking pan

Directions

- Heat oven to 350F. Lightly oil shallow baking pan or cookie sheet with sides with 1 tablespoon of the oil.
- Cut each bell pepper in half; remove membranes and seeds but leave stalk intact. (The stalks are not edible, but they will help the peppers keep their shape while roasting.)
- Placed pepper halves hollow side up in pan.
- Score an x into bottom of each tomato; place in heatproof bowl.
- Pour boiling water over tomatoes.
- Let stand 1 minute.
- Drain tomatoes; use fingers to slide skins from tomatoes.
- Cut each tomato into quarters.
- Place tomato quarters evenly into pepper halves.
- Place garlic slices evenly in pepper halves; sprinkle with herbs.
- Drizzle remaining 2 tablespoons oil over pepper halves; sprinkle with salt and pepper.
- Roast 50 to 60 minutes.
- Transfer cooked pepper halves to serving dish.
- Pour any juices left in pan over peppers. Crumble cheese into each pepper half.
- Serve with French bread.

Nutrition Facts

PROTEIN 15.47% FAT 38.61% CARBS 45.92%

Properties

Glycemic Index:29.92, Glycemic Load:27.54, Inflammation Score:-9, Nutrition Score:20.063043516615%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 340.02kcal (17%), Fat: 14.82g (22.79%), Saturated Fat: 5.5g (34.37%), Carbohydrates: 39.65g (13.22%), Net Carbohydrates: 36.64g (13.32%), Sugar: 6.41g (7.13%), Cholesterol: 13.05mg (4.35%), Sodium: 902.53mg (39.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.36g (26.71%), Vitamin C: 81.64mg (98.96%), Vitamin A: 2270.74IU (45.41%), Vitamin B1: 0.54mg (35.73%), Folate: 116.18µg (29.04%), Selenium: 20.19µg (28.85%), Vitamin B2: 0.45mg (26.49%), Manganese: 0.52mg (25.77%), Iron: 3.69mg (20.52%), Vitamin B3: 4.06mg (20.28%), Copper: 0.36mg (17.77%), Vitamin B6: 0.35mg (17.4%), Phosphorus: 166.5mg (16.65%), Vitamin E: 2.3mg (15.33%), Fiber: 3.01g (12.04%), Vitamin K: 10.07µg (9.59%), Magnesium: 36.84mg (9.21%), Calcium: 88.94mg (8.89%), Zinc: 1.16mg (7.75%), Potassium: 268.81mg (7.68%), Vitamin B5: 0.64mg (6.43%)