



Salsa chicken peppers

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 140 g rice red
- ☐ 4 large bell pepper red
- ☐ 4 servings cooking oil for brushing
- ☐ 270 g salsa hot (we used Discovery)
- ☐ 200 g roasted chicken cooked chopped
- ☐ 200 g beans red drained canned
- ☐ 40 g cheddar cheese grated
- ☐ 20 g cilantro leaves chopped

☐ 4 servings lime wedges

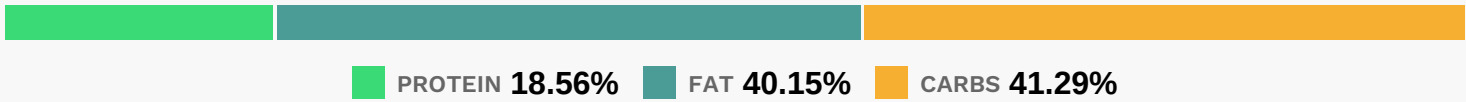
Equipment

☐ oven

Directions

- ☐ Boil the rice for 25 mins until just tender. Meanwhile, heat oven to 220C/fan 200C/gas
- ☐ Slice the tops off the peppers and cut out the seeds. Lightly oil, then bake (with the lids) in a roasting tin for 12 mins.
- ☐ Drain rice and mix with the salsa, chicken, beans, cheddar and coriander. Season to taste. Take the peppers out of the oven, then fill with the rice mixture. Put on the lids, then bake for 10 mins. Squeeze over lime wedges and serve with an avocado salad.

Nutrition Facts



Properties

Glycemic Index:59.05, Glycemic Load:21.49, Inflammation Score:-10, Nutrition Score:29.245652360761%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 479.98kcal (24%), Fat: 21.77g (33.5%), Saturated Fat: 4.07g (25.42%), Carbohydrates: 50.37g (16.79%), Net Carbohydrates: 42.44g (15.43%), Sugar: 10.52g (11.69%), Cholesterol: 47.5mg (15.83%), Sodium: 684.33mg (29.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.65g (45.3%), Vitamin C: 213.24mg (258.48%), Vitamin A: 5917.44IU (118.35%), Vitamin B6: 0.91mg (45.66%), Manganese: 0.82mg (40.86%), Vitamin E: 6.12mg (40.77%), Vitamin K: 38.68µg (36.84%), Vitamin B3: 7.17mg (35.86%), Fiber: 7.93g (31.73%), Selenium: 21.79µg (31.12%), Phosphorus: 301.87mg (30.19%), Folate: 101.72µg (25.43%), Potassium: 839.71mg (23.99%), Vitamin B2: 0.34mg (19.86%), Magnesium: 68.11mg (17.03%), Vitamin B5: 1.63mg (16.34%), Zinc: 2.39mg (15.93%), Vitamin B1: 0.23mg (15.15%), Iron: 2.61mg (14.5%), Calcium: 135.06mg (13.51%), Copper: 0.27mg (13.3%), Vitamin B12: 0.25µg (4.18%)