



## Santa Fe Stuffed Peppers for Two

 Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup milk colby & monterey jack cheeses shredded 2% kraft
- 0.8 cup brown rice long-grain cooked
- 1 Tbsp cilantro leaves fresh chopped
- 0.5 cup regular corn frozen
- 1 large pepper red seeded
- 0.5 cup taco bellâ® & chunky salsa thick
- 1 cup boca veggie ground crumbles frozen
- 0.3 cup water

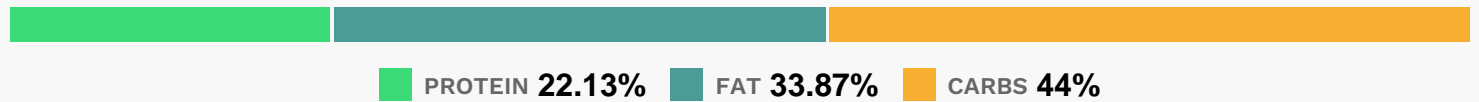
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Heat oven to 400F.
- Cook crumbles, corn and salsa in large nonstick skillet on medium heat 5 min. or until heated through, stirring frequently.
- Remove from heat. Stir in rice, cheese and cilantro.
- Pour water into 8-inch square baking dish.
- Add pepper halves, cut sides up; fill with crumbles mixture. Cover.
- Bake 30 min. or until peppers are crisp-tender and filling is heated through.

## Nutrition Facts



## Properties

Glycemic Index:32, Glycemic Load:1.03, Inflammation Score:-10, Nutrition Score:28.826521723167%

## Flavonoids

Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## Nutrients (% of daily need)

Calories: 349.29kcal (17.46%), Fat: 13.71g (21.09%), Saturated Fat: 7.11g (44.47%), Carbohydrates: 40.07g (13.36%), Net Carbohydrates: 32.77g (11.92%), Sugar: 6.8g (7.56%), Cholesterol: 31.35mg (10.45%), Sodium: 811.55mg (35.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.15g (40.3%), Vitamin C: 109.22mg (132.39%), Vitamin A: 3222.59IU (64.45%), Vitamin B12: 3.68µg (61.34%), Vitamin B1: 0.69mg (45.98%), Manganese: 0.9mg (44.85%), Vitamin B6: 0.89mg (44.38%), Vitamin B3: 8.14mg (40.68%), Phosphorus: 372.11mg (37.21%), Fiber: 7.3g (29.19%), Calcium: 259.97mg (26%), Vitamin B2: 0.35mg (20.42%), Iron: 3.6mg (20.01%), Selenium: 12.95µg (18.5%), Magnesium: 73.16mg (18.29%), Potassium: 613.97mg (17.54%), Zinc: 2.55mg (17.02%), Folate: 65.81µg (16.45%),

Vitamin E: 2.21mg (14.72%), Copper: 0.17mg (8.47%), Vitamin K: 8.7µg (8.28%), Vitamin B5: 0.79mg (7.91%), Vitamin D: 0.2µg (1.32%)