



## Santa Fe-Style Stuffed Bell Peppers

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup colby & monterey jack cheeses shredded kraft
- 1.5 cups brown rice long-grain cooked
- 10 oz regular corn frozen
- 4 large pasilla peppers green seeded
- 1 lb ground beef lean
- 1.5 cups taco bellâ® & chunky salsa thick

### Equipment

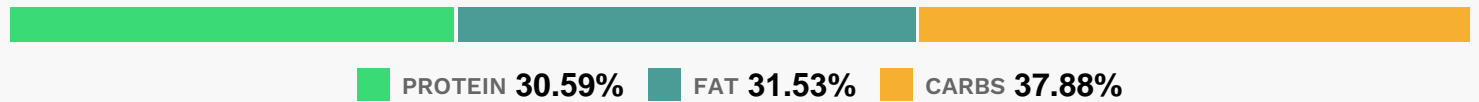
- frying pan

- oven
- knife
- baking pan

## Directions

- Heat oven to 450F.
- Brown meat in large skillet; drain. Return meat to skillet. Stir in corn, salsa and rice.
- Pierce peppers with fork or sharp knife; place, cut sides up, in 13x9-inch baking dish. Fill with meat mixture; cover.
- Bake 20 min.
- Sprinkle with cheese; bake, uncovered, 5 min. or until melted.

## Nutrition Facts



## Properties

Glycemic Index:0.22, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:3.3034782383753%

## Flavonoids

Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 44.18kcal (2.21%), Fat: 1.59g (2.45%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 3.61g (1.31%), Sugar: 0.72g (0.8%), Cholesterol: 9.04mg (3.01%), Sodium: 82.3mg (3.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin C: 12.34mg (14.96%), Vitamin B6: 0.11mg (5.52%), Phosphorus: 49.93mg (4.99%), Manganese: 0.1mg (4.89%), Zinc: 0.72mg (4.83%), Vitamin B3: 0.93mg (4.64%), Selenium: 2.94µg (4.21%), Vitamin B12: 0.25µg (4.17%), Potassium: 107.79mg (3.08%), Fiber: 0.7g (2.79%), Magnesium: 10.55mg (2.64%), Calcium: 25.79mg (2.58%), Vitamin A: 124.95IU (2.5%), Vitamin B2: 0.04mg (2.43%), Iron: 0.42mg (2.32%), Vitamin B1: 0.03mg (1.91%), Copper: 0.03mg (1.7%), Vitamin K: 1.59µg (1.52%), Folate: 5.62µg (1.4%), Vitamin B5: 0.14mg (1.4%), Vitamin E: 0.2mg (1.32%)