



## Saucy Stuffed Peppers

 Gluten Free

READY IN



180 min.

SERVINGS



8

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 tablespoons butter
- 8 large bell peppers green
- 8 servings ground pepper black to taste
- 1.5 pounds ground round
- 8 servings salt to taste
- 1 gallon sacramento tomato juice
- 1 cup rice white uncooked
- 1 large onion diced yellow

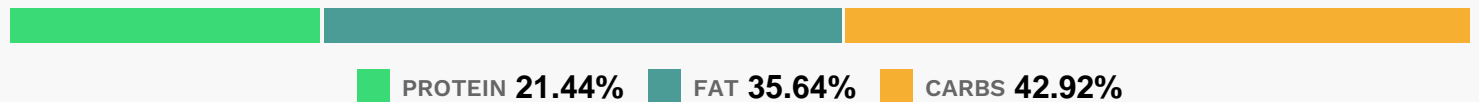
## Equipment

- frying pan
- mixing bowl
- pot

## Directions

- Wash the peppers thoroughly. Make a circular incision around the stem to remove it. Once stem has been removed, remove seeds, and rinse the inside of the pepper. Discard seeds and stems and set peppers aside.
- In a skillet over medium heat, melt the butter and saute onion until translucent.
- In a large mixing bowl, combine the onion and butter mixture with the ground beef and mix well by hand.
- Sprinkle in salt and pepper to taste. Slowly pour in the rice, while mixing by hand.
- Mix thoroughly.
- Stuff the meat and rice mixture into the peppers. Coat the bottom of 1 or 2 large pots with oil.
- Place the stuffed peppers into the pot(s) leaving a 2 inch space at the top of the pot.
- Pour in tomato juice until peppers are covered. If there is leftover meat mixture, form into balls and add to the tomato juice.
- Heat on low for 2 to 3 hours. Stir every 20 to 45 minutes. Juice will reduce to a thick sauce. You can tell that the peppers are done when they are splitting at the sides.

## Nutrition Facts



## Properties

Glycemic Index:26.44, Glycemic Load:17.71, Inflammation Score:-10, Nutrition Score:31.599999772466%

## Flavonoids

Luteolin: 7.73mg, Luteolin: 7.73mg, Luteolin: 7.73mg, Luteolin: 7.73mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin:

13.06mg, Quercetin: 13.06mg, Quercetin: 13.06mg, Quercetin: 13.06mg

## **Nutrients (% of daily need)**

Calories: 430.37kcal (21.52%), Fat: 17.71g (27.25%), Saturated Fat: 9.03g (56.45%), Carbohydrates: 47.98g (15.99%), Net Carbohydrates: 42.66g (15.51%), Sugar: 21.61g (24.01%), Cholesterol: 77.86mg (25.95%), Sodium: 371.6mg (16.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.97g (47.94%), Vitamin C: 219.83mg (266.47%), Vitamin B6: 1.27mg (63.37%), Vitamin A: 2999.41IU (59.99%), Potassium: 1701.44mg (48.61%), Vitamin B3: 8.68mg (43.41%), Manganese: 0.83mg (41.44%), Zinc: 5.29mg (35.28%), Vitamin B12: 1.9µg (31.62%), Phosphorus: 309.17mg (30.92%), Folate: 121.88µg (30.47%), Selenium: 19.23µg (27.48%), Iron: 4.74mg (26.31%), Copper: 0.52mg (25.89%), Vitamin B1: 0.38mg (25.14%), Vitamin K: 24.7µg (23.52%), Magnesium: 93.5mg (23.38%), Fiber: 5.33g (21.3%), Vitamin B5: 2.12mg (21.22%), Vitamin B2: 0.35mg (20.32%), Vitamin E: 2.67mg (17.78%), Calcium: 87.79mg (8.78%)