



Savory Turkey-Stuffed Peppers

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

350 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 1.5 teaspoons brown sugar
- ☐ 0.8 cup celery diced
- ☐ 0.3 cup egg substitute frozen thawed
- ☐ 0.5 cup golden raisins
- ☐ 6 medium size pasilla peppers green
- ☐ 1 tablespoon juice of lemon
- ☐ 0.8 cup no-salt-added chicken broth undiluted canned
- ☐ 0.8 cup onion diced

- ☐ 0.5 teaspoon oregano dried
- ☐ 1 cup orzo pasta) rice-shaped uncooked
- ☐ 1.5 teaspoons pepper
- ☐ 0.3 cup pinenuts toasted
- ☐ 1 teaspoon salt
- ☐ 16 ounce no-salt-added tomato sauce canned
- ☐ 1.5 pounds turkey raw freshly ground
- ☐ 1 tablespoon worcestershire sauce low-sodium

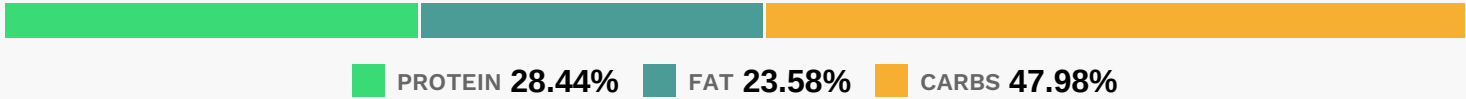
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cut peppers in half lengthwise; remove and discard seeds and membranes. Cook peppers in boiling water to cover 5 minutes.
- ☐ Drain.
- ☐ Cook orzo according to package directions, omitting salt and fat.
- ☐ Drain well.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium heat until hot.
- ☐ Add turkey, onion, and celery; cook until turkey is browned, stirring until it crumbles.
- ☐ Place turkey mixture in a large bowl.
- ☐ Add orzo, raisins, and next 9 ingredients; stir well. Spoon turkey mixture evenly into pepper halves.
- ☐ Place pepper halves in a 15- x 10- x 2-inch baking dish.
- ☐ Pour chicken broth into dish around peppers.
- ☐ Bake, uncovered, at 350 for 30 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:41.61, Glycemic Load:14.85, Inflammation Score:-9, Nutrition Score:26.055652151937%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 5.74mg, Luteolin: 5.74mg, Luteolin: 5.74mg, Luteolin: 5.74mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.04mg, Quercetin: 7.04mg, Quercetin: 7.04mg, Quercetin: 7.04mg

Nutrients (% of daily need)

Calories: 350.08kcal (17.5%), Fat: 9.5g (14.61%), Saturated Fat: 1.72g (10.73%), Carbohydrates: 43.48g (14.49%), Net Carbohydrates: 38.08g (13.85%), Sugar: 16.2g (18%), Cholesterol: 57.97mg (19.32%), Sodium: 919.65mg (39.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.77g (51.54%), Vitamin C: 104.66mg (126.86%), Manganese: 1.11mg (55.54%), Selenium: 37.87µg (54.1%), Vitamin B6: 0.96mg (47.85%), Vitamin B3: 8.79mg (43.96%), Phosphorus: 312.9mg (31.29%), Potassium: 936.69mg (26.76%), Copper: 0.46mg (23.09%), Fiber: 5.4g (21.58%), Magnesium: 82.07mg (20.52%), Vitamin B2: 0.35mg (20.48%), Vitamin K: 20.08µg (19.13%), Iron: 3.27mg (18.19%), Vitamin A: 901.91IU (18.04%), Zinc: 2.7mg (18.03%), Vitamin B12: 1.05µg (17.43%), Vitamin E: 2.41mg (16.05%), Vitamin B5: 1.38mg (13.81%), Vitamin B1: 0.2mg (13.06%), Folate: 42.28µg (10.57%), Calcium: 71.15mg (7.12%), Vitamin D: 0.4µg (2.68%)