

Seafood-Stuffed Bell Peppers

 **Gluten Free**  **Dairy Free**

READY IN

ready

45 min.

SERVINGS

servings

16

CALORIES

calories

27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon cornstarch
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 1 tablespoon cooking sherry dry
- ☐ 1 egg white
- ☐ 0.3 pound flounder fillet chopped
- ☐ 1 teaspoon gingerroot peeled coarsely chopped
- ☐ 2 small bell peppers green

- ☐ 2 green onions cut into 1-inch pieces
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 0.5 cup low-salt chicken broth
- ☐ 0.5 teaspoon rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.3 pound shrimp peeled
- ☐ 0.5 teaspoon sugar
- ☐ 1 tablespoon vegetable oil

Equipment

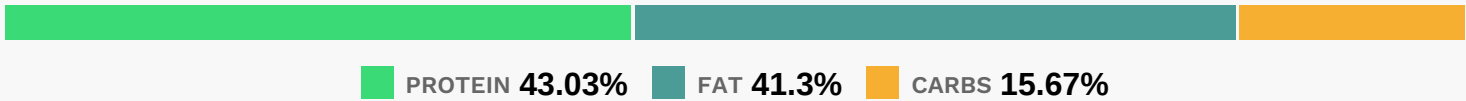
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

Directions

- ☐ Combine first 8 ingredients in a small bowl; stir well, and set cornstarch mixture aside.
- ☐ Place shrimp and next 7 ingredients (shrimp through egg white) in a food processor, and pulse until mixture is coarsely ground.
- ☐ Cut each bell pepper lengthwise into quarters; discard seeds and membranes.
- ☐ Cut each quarter in half crosswise.
- ☐ Place pepper pieces, cut sides up, on a large baking sheet.
- ☐ Sprinkle 1/2 teaspoon cornstarch over the insides of pepper pieces. Spoon about 1 tablespoon of shrimp mixture into the cavity of each pepper piece.
- ☐ Heat 1 tablespoon vegetable oil in a large nonstick skillet over medium-high heat.
- ☐ Place stuffed pepper pieces, filling sides down, in skillet; cook 2 minutes or until filling is golden. Turn pepper pieces over, and add 1/2 cup chicken broth to skillet. Bring to a boil, and cook 3 minutes or until liquid evaporates.

Add cornstarch mixture; bring to a boil, and cook 1 minute or until thickened, stirring constantly. To serve, spoon sauce over stuffed pepper pieces.

Nutrition Facts



Properties

Glycemic Index:12.01, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:1.8343478078428%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 26.75kcal (1.34%), Fat: 1.22g (1.87%), Saturated Fat: 0.21g (1.28%), Carbohydrates: 1.04g (0.35%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.42g (0.47%), Cholesterol: 14.6mg (4.87%), Sodium: 165.11mg (7.18%), Alcohol: 0.1g (100%), Alcohol %: 0.32% (100%), Protein: 2.86g (5.71%), Vitamin C: 7.73mg (9.36%), Vitamin K: 5.38µg (5.12%), Phosphorus: 39.83mg (3.98%), Selenium: 2.28µg (3.26%), Copper: 0.04mg (2.08%), Potassium: 64.51mg (1.84%), Vitamin B6: 0.03mg (1.58%), Magnesium: 6.11mg (1.53%), Vitamin B12: 0.09µg (1.49%), Vitamin D: 0.2µg (1.32%), Vitamin B3: 0.24mg (1.21%), Manganese: 0.02mg (1.17%), Vitamin E: 0.16mg (1.09%), Vitamin B2: 0.02mg (1.07%), Vitamin A: 51.52IU (1.03%), Zinc: 0.15mg (1.02%)