



Skillet Stuffed Peppers

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large bell peppers green halved lengthwise seeded
- ☐ 0.8 pound ground round
- ☐ 1 ounce cheddar cheese shredded reduced-fat
- ☐ 20 ounce potatoes refrigerated mashed (such as Simply Potatoes)
- ☐ 1.3 ounce taco seasoning
- ☐ 0.5 cup water

Equipment

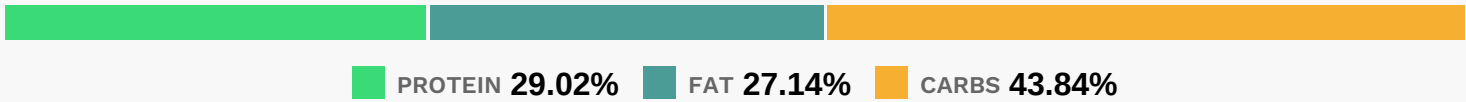
- ☐ frying pan

- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Place the bell pepper halves, cut sides down, on a microwave-safe dish; cover with plastic wrap. Microwave at HIGH 3 minutes and 30 seconds or until pepper halves are crisp-tender.
- ☐ Let stand, covered, 3 minutes (peppers will soften).
- ☐ While the peppers cook, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add beef to pan; cook 3 minutes, stirring to crumble.
- ☐ Add water and seasoning, and stir to combine. Cover, reduce heat, and cook 5 minutes or until done.
- ☐ While beef cooks and peppers stand, cook the potatoes in microwave according to package directions, omitting salt and fat.
- ☐ Spoon 1/2 cup beef mixture into each pepper half; top each with 2/3 cup potatoes.
- ☐ Sprinkle each pepper half with 1 tablespoon cheese.
- ☐ Garnish with black pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:23.44, Glycemic Load:18.37, Inflammation Score:-8, Nutrition Score:21.749130326769%

Flavonoids

Luteolin: 3.86mg, Luteolin: 3.86mg, Luteolin: 3.86mg, Luteolin: 3.86mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 304.15kcal (15.21%), Fat: 9.27g (14.26%), Saturated Fat: 3.84g (24.02%), Carbohydrates: 33.69g (11.23%), Net Carbohydrates: 27.51g (10%), Sugar: 4.77g (5.3%), Cholesterol: 56.77mg (18.92%), Sodium: 826.71mg (35.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.3g (44.61%), Vitamin C: 97.84mg (118.59%), Vitamin B6: 0.92mg (45.94%), Vitamin B12: 1.91µg (31.91%), Zinc: 4.72mg (31.49%), Vitamin B3: 6.2mg (31.02%), Potassium: 1017.94mg (29.08%), Phosphorus: 287.99mg (28.8%), Fiber: 6.18g (24.71%), Vitamin A: 1151.99IU (23.04%), Selenium:

15.57µg (22.24%), Iron: 3.92mg (21.76%), Manganese: 0.33mg (16.29%), Magnesium: 59.24mg (14.81%), Copper: 0.27mg (13.73%), Vitamin B1: 0.2mg (13.11%), Vitamin B2: 0.22mg (12.74%), Vitamin B5: 1.02mg (10.2%), Folate: 36.76µg (9.19%), Vitamin K: 9.48µg (9.03%), Calcium: 65.72mg (6.57%), Vitamin E: 0.59mg (3.96%)