



Slow-Cooker Couscous-Stuffed Peppers

 Dairy Free

READY IN



290 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large bell pepper
- ☐ 0.5 pound ground beef
- ☐ 0.5 cup onion chopped
- ☐ 1 large clove garlic finely chopped
- ☐ 15 ounces tomato sauce canned
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 0.7 cup couscous uncooked
- ☐ 0.5 cup water
- ☐ 1 serving pinenuts
- ☐ 1 serving cilantro leaves fresh

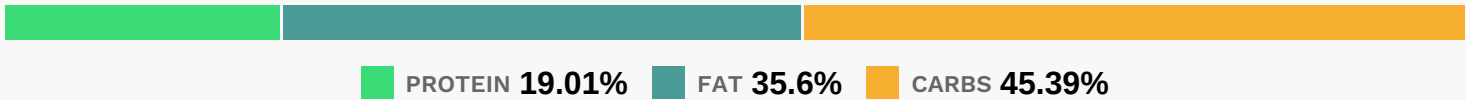
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Cut thin slice from stem end of each bell pepper to remove top of pepper; discard.
- ☐ Remove seeds and membranes; rinse peppers.
- ☐ In 10-inch skillet, cook beef, onion and garlic over medium-high heat about 5 minutes, stirring occasionally, until beef is brown; drain. Stir in tomato sauce, cumin, salt, cinnamon and red pepper. Stir in couscous. Divide beef mixture evenly among peppers.
- ☐ Pour water into 4 1/2- to 6-quart slow cooker; stand peppers upright in cooker.
- ☐ Cover and cook on low heat setting 3 to 4 1/2 hours or until peppers are tender.
- ☐ Garnish with pine nuts and cilantro.

Nutrition Facts



Properties

Glycemic Index:68.25, Glycemic Load:17.95, Inflammation Score:-10, Nutrition Score:27.093913114589%

Flavonoids

Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 347.98kcal (17.4%), Fat: 14.14g (21.75%), Saturated Fat: 4.66g (29.14%), Carbohydrates: 40.55g (13.52%), Net Carbohydrates: 33.51g (12.19%), Sugar: 11.63g (12.93%), Cholesterol: 40.26mg (13.42%), Sodium: 699.61mg (30.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.98g (33.96%), Vitamin C: 219.17mg (265.67%), Vitamin A: 5627.59IU (112.55%), Vitamin B6: 0.83mg (41.74%), Manganese: 0.82mg (40.91%), Vitamin B3: 6.22mg (31.1%), Vitamin E: 4.62mg (30.82%), Fiber: 7.04g (28.16%), Potassium: 916.29mg (26.18%), Folate: 99.53µg (24.88%), Phosphorus: 232.79mg (23.28%), Zinc: 3.48mg (23.18%), Vitamin B12: 1.21µg (20.22%), Iron: 3.51mg (19.52%), Vitamin B2: 0.33mg (19.31%), Magnesium: 67.81mg (16.95%), Copper: 0.31mg (15.34%), Vitamin B5: 1.53mg (15.29%), Vitamin B1: 0.21mg (13.8%), Selenium: 9.55µg (13.65%), Vitamin K: 13.65µg (13%), Calcium: 54.51mg (5.45%)