



Slow-Cooker Couscous-Stuffed Peppers (Cooking for 2)

 Dairy Free

READY IN



255 min.

SERVINGS



2

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large bell pepper
- 0.3 pound ground beef
- 0.3 cup onion chopped
- 1 small clove garlic finely chopped
- 8 ounces tomato sauce canned
- 0.3 teaspoon salt
- 0.3 teaspoon ground cumin

- 0.1 teaspoon ground cinnamon
- 1 Dash ground pepper red (cayenne)
- 0.3 cup couscous uncooked
- 0.5 cup water
- 1 serving pinenuts
- 1 serving cilantro leaves fresh
- 1 serving frangelico

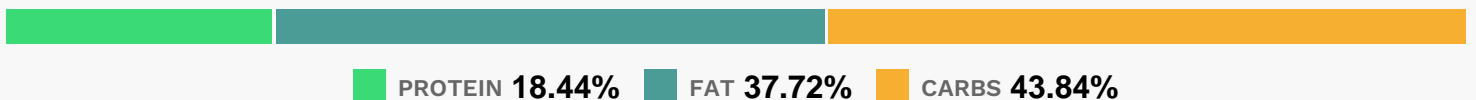
Equipment

- bowl
- frying pan
- slow cooker

Directions

- Place Reynolds™ Slow Cooker Liners inside a 5- to 6 1/2 -qt slow cooker bowl. Make sure that liner fits snugly against the bottom and sides of bowl and pull the top of the liner over rim of bowl.
- Cut thin slice from stem end of each bell pepper to remove top of pepper.
- Remove seeds and membranes; rinse peppers.
- In 10-inch skillet, cook beef, onion and garlic over medium heat about 5 minutes, stirring occasionally, until beef is brown; drain. Stir in tomato sauce, salt, cumin, cinnamon and red pepper. Stir in couscous. Divide beef mixture evenly among peppers.
- Pour water into lined slow cooker; stand peppers upright in cooker.
- Cover and cook on low heat setting 4 to 6 hours or until peppers are tender.
- Garnish with pine nuts and cilantro.

Nutrition Facts



Properties

Glycemic Index:136.5, Glycemic Load:18.14, Inflammation Score:-10, Nutrition Score:28.439565300941%

Flavonoids

Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 367.59kcal (18.38%), Fat: 15.87g (24.42%), Saturated Fat: 4.79g (29.93%), Carbohydrates: 41.5g (13.83%), Net Carbohydrates: 34.25g (12.45%), Sugar: 11.98g (13.31%), Cholesterol: 40.26mg (13.42%), Sodium: 880.21mg (38.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.46g (34.91%), Vitamin C: 219.92mg (266.57%), Vitamin A: 5655.56IU (113.11%), Manganese: 1.06mg (52.93%), Vitamin B6: 0.85mg (42.66%), Vitamin E: 4.96mg (33.04%), Vitamin B3: 6.4mg (32.02%), Fiber: 7.25g (29%), Potassium: 955.18mg (27.29%), Folate: 101.04µg (25.26%), Phosphorus: 250.2mg (25.02%), Zinc: 3.67mg (24.43%), Iron: 3.73mg (20.74%), Vitamin B12: 1.21µg (20.22%), Vitamin B2: 0.34mg (19.96%), Magnesium: 75.62mg (18.9%), Copper: 0.35mg (17.75%), Vitamin B5: 1.56mg (15.63%), Vitamin B1: 0.22mg (14.62%), Vitamin K: 15.28µg (14.55%), Selenium: 9.72µg (13.89%), Calcium: 58.24mg (5.82%)