



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

 Dairy Free

READY IN



255 min.

SERVINGS



2

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large bell pepper
- ☐ 8 ounces tomato sauce canned
- ☐ 0.3 cup couscous uncooked
- ☐ 2 servings cilantro leaves fresh
- ☐ 1 small clove garlic finely chopped
- ☐ 0.3 pound ground beef
- ☐ 0.1 teaspoon ground cinnamon

- ☐ 0.3 teaspoon ground cumin
- ☐ 1 Dash ground pepper red (cayenne)
- ☐ 0.3 cup onion chopped
- ☐ 2 servings pinenuts
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup water
- ☐ 2 servings frangelico
- ☐ 2 servings frangelico

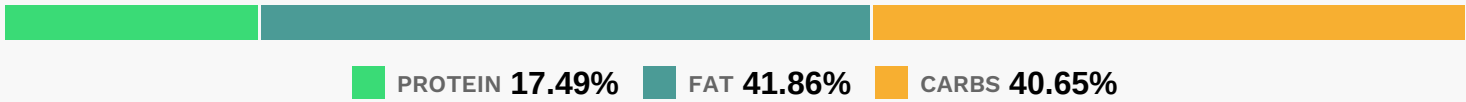
Equipment

- ☐ 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:30.459130116131%

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: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 401.25kcal (20.06%), Fat: 19.29g (29.68%), Saturated Fat: 5.03g (31.46%), Carbohydrates: 42.15g (14.05%), Net Carbohydrates: 34.72g (12.62%), Sugar: 12.16g (13.51%), Cholesterol: 40.26mg (13.42%), Sodium: 880.33mg (38.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.14g (36.28%), Vitamin C: 219.98mg (266.64%), Vitamin A: 5660.38IU (113.21%), Manganese: 1.5mg (74.95%), Vitamin B6: 0.86mg (42.89%), Vitamin E: 5.42mg (36.16%), Vitamin B3: 6.62mg (33.12%), Fiber: 7.44g (29.75%), Potassium: 985.29mg (28.15%), Phosphorus: 278.98mg (27.9%), Zinc: 3.99mg (26.59%), Folate: 102.77µg (25.69%), Iron: 4.01mg (22.28%), Magnesium: 88.18mg (22.05%), Copper: 0.42mg (21.05%), Vitamin B2: 0.35mg (20.63%), Vitamin B12: 1.21µg (20.22%), Vitamin K: 18.13µg (17.27%), Vitamin B1: 0.24mg (15.84%), Vitamin B5: 1.58mg (15.79%), Selenium: 9.76µg (13.94%), Calcium: 59.07mg (5.91%)