



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

 Dairy Free

READY IN



255 min.

SERVINGS



2

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large bell pepper
- ☐ 8 ounces tomato sauce canned
- ☐ 0.3 cup couscous uncooked
- ☐ 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
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup water
- ☐ 2 servings frangelico
- ☐ 2 servings frangelico

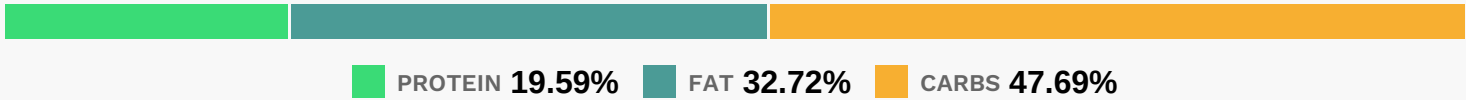
Equipment

- ☐ 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:120.5, Glycemic Load:18.14, Inflammation Score:-10, Nutrition Score:26.421739116959%

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: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 333.92kcal (16.7%), Fat: 12.45g (19.15%), Saturated Fat: 4.54g (28.39%), Carbohydrates: 40.84g (13.61%), Net Carbohydrates: 33.78g (12.28%), Sugar: 11.8g (13.11%), Cholesterol: 40.26mg (13.42%), Sodium: 880.08mg (38.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.77g (33.54%), Vitamin C: 219.87mg (266.51%), Vitamin A: 5650.74IU (113.01%), Vitamin B6: 0.85mg (42.42%), Vitamin B3: 6.18mg (30.92%), Manganese: 0.62mg (30.92%), Vitamin E: 4.49mg (29.92%), Fiber: 7.06g (28.26%), Potassium: 925.07mg (26.43%), Folate: 99.31µg (24.83%), Zinc: 3.34mg (22.28%), Phosphorus: 221.43mg (22.14%), Vitamin B12: 1.21µg (20.22%), Vitamin B2: 0.33mg (19.29%), Iron: 3.46mg (19.2%), Magnesium: 63.06mg (15.76%), Vitamin B5: 1.55mg (15.47%), Copper: 0.29mg (14.44%), Selenium: 9.68µg (13.83%), Vitamin B1: 0.2mg (13.41%), Vitamin K: 12.43µg (11.84%), Calcium: 57.4mg (5.74%)