



## Slow-Cooker Pizza-Stuffed Peppers

READY IN



270 min.

SERVINGS



6

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup soup noodles uncooked
- 4 cups water boiling
- 30 oz bell pepper
- 10 oz pd of ground turkey lean ()
- 2.5 oz pepperoni diced
- 15 oz tomato sauce canned
- 6 oz pizza cheese shredded
- 0.5 cup water

## Equipment

- frying pan
- sauce pan
- slotted spoon
- slow cooker
- tongs

## Directions

- In 2-quart saucepan, cook pasta in 4 cups boiling water 3 minutes.
- Drain; rinse with cold water to cool.
- Drain well. Meanwhile, cut thin slice from stem end of each bell pepper to remove top; reserve tops.
- Remove seeds and membranes; rinse peppers. To make peppers stand upright, cut thin slice off bottom of each.
- In 10-inch nonstick skillet, cook turkey and pepperoni over medium-high heat 4 to 6 minutes, stirring occasionally, until turkey is no longer pink.
- Drain if necessary. Stir in pizza sauce, 1 cup of the cheese and the cooked pasta. Divide turkey filling among peppers.
- Spray 5- to 6-quart slow cooker with cooking spray.
- Pour 1/2 cup water into cooker. Stand peppers upright in cooker; replace pepper tops. Cover; cook on Low heat setting 4 to 5 hours.
- Remove pepper tops; reserve. Top filling with remaining 1/2 cup cheese. Cover; cook 5 to 10 minutes longer or until cheese is melted. To remove peppers from cooker, lift out with large slotted spoon, using tongs to support peppers (do not squeeze).
- Garnish with pepper tops.

## Nutrition Facts



## Properties

Glycemic Index:24.5, Glycemic Load:4.54, Inflammation Score:-10, Nutrition Score:22.909130231194%

## Flavonoids

Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 275.87kcal (13.79%), Fat: 14.19g (21.83%), Saturated Fat: 3.58g (22.38%), Carbohydrates: 17.18g (5.73%), Net Carbohydrates: 12.98g (4.72%), Sugar: 8.61g (9.57%), Cholesterol: 43.11mg (14.37%), Sodium: 615.38mg (26.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.4g (46.8%), Vitamin C: 186.4mg (225.94%), Vitamin A: 4756.81IU (95.14%), Vitamin B6: 0.94mg (46.84%), Vitamin B3: 7.35mg (36.76%), Selenium: 17.59µg (25.14%), Vitamin E: 3.42mg (22.8%), Potassium: 692.48mg (19.79%), Folate: 76.85µg (19.21%), Phosphorus: 191.36mg (19.14%), Manganese: 0.35mg (17.68%), Fiber: 4.2g (16.8%), Vitamin B2: 0.25mg (14.68%), Vitamin B5: 1.25mg (12.45%), Magnesium: 47.89mg (11.97%), Zinc: 1.72mg (11.46%), Vitamin B1: 0.16mg (10.62%), Iron: 1.88mg (10.42%), Copper: 0.19mg (9.33%), Vitamin K: 9.62µg (9.16%), Calcium: 86.58mg (8.66%), Vitamin B12: 0.39µg (6.58%), Vitamin D: 0.34µg (2.28%)