



Slow-Cooker Stuffed Peppers

 Gluten Free  Dairy Free  Low Fod Map

READY IN



315 min.

SERVINGS



15

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup original barbecue sauce divided kraft
- 4 small pasilla peppers green
- 1 cup rice white instant uncooked
- 0.5 lb ground beef lean
- 1 cup peas frozen
- 4 oz velveeta blocks mini cut into 1/2-inch cubes
- 0.8 cup water divided

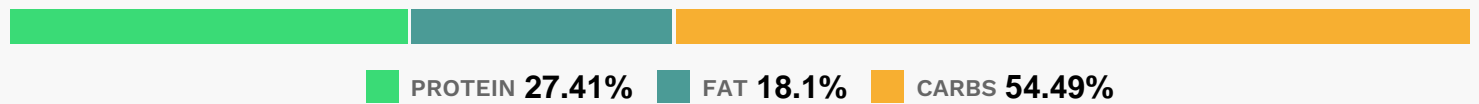
Equipment

slow cooker

Directions

- Cut peppers lengthwise in half.
- Remove and discard membranes and seeds.
- Mix meat, rice, peas, and 1/4 cup each water and barbecue sauce just until blended; spoon into peppers.
- Combine remaining water and barbecue sauce in slow cooker sprayed with cooking spray.
- Add peppers, filled sides up; top with VELVEETA. Cover with lid. Cook on LOW 5 to 7 hours (or on HIGH 2-1/2 to 3-1/2 hours).
- Serve peppers topped with barbecue sauce from slow cooker.

Nutrition Facts



Properties

Glycemic Index:3.62, Glycemic Load:0.43, Inflammation Score:-3, Nutrition Score:5.8826086874241%

Flavonoids

Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 87.46kcal (4.37%), Fat: 1.74g (2.68%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 11.81g (3.94%), Net Carbohydrates: 10.73g (3.9%), Sugar: 4.83g (5.37%), Cholesterol: 12.55mg (4.18%), Sodium: 230.31mg (10.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.88%), Vitamin C: 19.8mg (24%), Phosphorus: 130.41mg (13.04%), Zinc: 1.2mg (8.02%), Vitamin B3: 1.59mg (7.93%), Selenium: 5.06µg (7.23%), Vitamin B6: 0.13mg (6.7%), Manganese: 0.13mg (6.69%), Vitamin B1: 0.1mg (6.56%), Folate: 24.97µg (6.24%), Vitamin B2: 0.1mg (5.81%), Vitamin B12: 0.34µg (5.64%), Iron: 1mg (5.57%), Calcium: 53.91mg (5.39%), Vitamin A: 242.56IU (4.85%), Potassium: 160.18mg (4.58%), Fiber: 1.08g (4.32%), Vitamin K: 4.08µg (3.89%), Copper: 0.06mg (3.03%), Magnesium: 10.65mg (2.66%), Vitamin B5: 0.17mg (1.67%), Vitamin E: 0.21mg (1.38%)