



Slow-Cooker Turkey-Stuffed Peppers

 Gluten Free

READY IN



375 min.

SERVINGS



15

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.8 cups rice long-grain white cooled cooked
- 2 green onions thinly sliced
- 6 small pasilla peppers green
- 1 lb pd of ground turkey
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 0.5 tsp oregano leaves dried
- 0.3 cup parmesan cheese grated kraft
- 1.5 cups classico family favorites pasta sauce traditional

Equipment

slow cooker

Directions

Cut tops off peppers and discard; remove and discard seeds.

Mix dressing and oregano until blended.

Mix half the dressing mixture with turkey, rice and onions just until blended; spoon into peppers.

Pour pasta sauce into slow cooker sprayed with cooking spray. Top with peppers; drizzle with remaining dressing mixture. Cover with lid.

Cook on LOW 6 to 8 hours (or on HIGH 4 to 6 hours).

Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:6.11, Inflammation Score:-4, Nutrition Score:7.2834782341252%

Flavonoids

Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 96.12kcal (4.81%), Fat: 2.89g (4.45%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 9.18g (3.06%), Net Carbohydrates: 8.17g (2.97%), Sugar: 2.48g (2.75%), Cholesterol: 18.08mg (6.03%), Sodium: 239.85mg (10.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.73g (17.46%), Vitamin C: 25.85mg (31.33%), Vitamin B6: 0.37mg (18.73%), Vitamin B3: 3.42mg (17.09%), Selenium: 8.96µg (12.81%), Vitamin K: 10.98µg (10.45%), Phosphorus: 101.53mg (10.15%), Manganese: 0.16mg (8.03%), Potassium: 235.04mg (6.72%), Zinc: 0.8mg (5.34%), Vitamin A: 257.37IU (5.15%), Magnesium: 19.07mg (4.77%), Vitamin E: 0.69mg (4.6%), Vitamin B5: 0.45mg (4.5%), Copper: 0.08mg (4.09%), Fiber: 1.01g (4.05%), Vitamin B2: 0.07mg (3.87%), Iron: 0.68mg (3.77%), Vitamin B1: 0.05mg (3.21%), Vitamin B12: 0.18µg (2.95%), Calcium: 27mg (2.7%), Folate: 9.4µg (2.35%)