



Southwest Stuffed Peppers

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz black beans rinsed canned
- 11 oz regular corn drained canned
- 1 cup four cheese shredded mexican style kraft finely
- 0.5 tsp chili powder
- 1 cup rice long-grain white cooked
- 0.3 tsp garlic powder
- 0.3 tsp ground cumin
- 1 Tbsp olive oil

- 0.3 tsp onion powder
- 2 and peppers green red yellow seeded
- 1 pkt. shake & bake seasoned panko seasoned coating mix
- 1 cup zucchini chopped

Equipment

- bowl
- grill
- aluminum foil

Directions

- Heat grill for indirect grilling: Light one side of grill, leaving other side unlit. Close lid; heat grill to 375F.
- Combine coating mix and seasonings in medium bowl; stir in cheese. Reserve 1/2 cup cheese mixture.
- Mix remaining cheese mixture with beans, corn, zucchini and rice.
- Brush pepper halves with oil; fill with bean mixture. Top with reserved cheese mixture.
- Cover grill grate (over unlit burner) with foil.
- Place peppers on foil; cover grill with lid. Grill 25 to 30 min. or until peppers are tender and filling is heated through, monitoring for consistent grill temperature and rearranging peppers occasionally to prevent burning.

Nutrition Facts



PROTEIN 17.81% **FAT 35.67%** **CARBS 46.52%**

Properties

Glycemic Index:28.5, Glycemic Load:8.28, Inflammation Score:-6, Nutrition Score:12.26565209679%

Flavonoids

Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 247.82kcal (12.39%), Fat: 9.95g (15.3%), Saturated Fat: 4.17g (26.08%), Carbohydrates: 29.19g (9.73%), Net Carbohydrates: 23.2g (8.43%), Sugar: 1.57g (1.75%), Cholesterol: 18.83mg (6.28%), Sodium: 551.77mg (23.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.17g (22.34%), Vitamin C: 38.42mg (46.57%), Fiber: 5.99g (23.96%), Phosphorus: 213.17mg (21.32%), Manganese: 0.41mg (20.74%), Folate: 72.17µg (18.04%), Calcium: 170.97mg (17.1%), Vitamin B2: 0.21mg (12.5%), Potassium: 434.1mg (12.4%), Selenium: 8.36µg (11.95%), Magnesium: 47.31mg (11.83%), Copper: 0.22mg (10.9%), Iron: 1.87mg (10.41%), Vitamin B6: 0.21mg (10.35%), Vitamin B1: 0.15mg (10.12%), Zinc: 1.49mg (9.92%), Vitamin A: 447.42IU (8.95%), Vitamin B3: 1.27mg (6.37%), Vitamin K: 5.93µg (5.65%), Vitamin E: 0.75mg (4.99%), Vitamin B5: 0.4mg (3.96%), Vitamin B12: 0.2µg (3.33%)