



Spanish Stuffed Bell Peppers

 Dairy Free  Very Healthy

READY IN



85 min.

SERVINGS



6

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups rice long grain cooked
- 1 teaspoon madras curry powder hot to taste
- 3 tablespoons bread crumbs fresh dry
- 3 tablespoons cilantro leaves fresh minced to taste
- 2 large garlic cloves minced to taste
- 1 teaspoon ground ginger
- 1 pound ground veal
- 6 servings juice of lemon

- 1 tablespoon olive oil for drizzling tops of peppers
- 1 onion minced
- 1 tablespoon oregano, dried fresh minced crumbled
- 10 ounce peas frozen cooked
- 6 servings salt to taste
- 3 tomatoes diced firm ripe
- 6 a combination green red yellow

Equipment

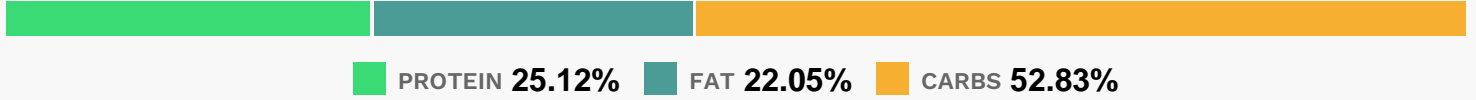
- bowl
- frying pan
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 375 degrees.
- Cut off tops of peppers and remove seeds and ribs, reserving tops. Discard stems and dice reserved tops. Set aside. In a large saucepan of boiling water blanch the peppers to 3 to 4 minutes, or until they are slightly soft.
- Drain, refresh, and pat dry.
- Cut off a thin slice from the bottom of each pepper so that it stands straight. In a nonstick skillet set over moderate heat, warm 1 tablespoon olive oil until it is hot, add the onion and reserved diced pepper and cook, stirring occasionally, for 3 to 5 minutes, or until vegetables are softened.
- Add the garlic, curry powder and ginger and cook, stirring 2 minutes more.
- Transfer mixture to a large bowl.
- Add the remaining ingredients, except the bread crumbs and lemon, to the bowl and gently stir to combine well. Stuff the peppers with the filling and arrange them in a shallow baking pan.

- Sprinkle tops of peppers with the bread crumbs and drizzle each with a little olive oil.
- Bake the peppers for 40 to 45 minutes, or until stuffing is completely cooked.
- Transfer peppers to a serving platter and sprinkle with lemon juice or serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:48.39, Glycemic Load:26.85, Inflammation Score:-10, Nutrition Score:25.210434623387%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 349.99kcal (17.5%), Fat: 8.66g (13.32%), Saturated Fat: 2.68g (16.77%), Carbohydrates: 46.66g (15.55%), Net Carbohydrates: 40.72g (14.81%), Sugar: 5.87g (6.52%), Cholesterol: 61.99mg (20.66%), Sodium: 302.65mg (13.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.18g (44.36%), Vitamin C: 253.28mg (307%), Manganese: 1.05mg (52.67%), Vitamin B3: 8.86mg (44.28%), Vitamin B6: 0.77mg (38.73%), Phosphorus: 301.13mg (30.11%), Zinc: 3.77mg (25.1%), Potassium: 856.28mg (24.47%), Folate: 97.59µg (24.4%), Fiber: 5.94g (23.75%), Vitamin K: 24.54µg (23.37%), Vitamin A: 1144.17IU (22.88%), Vitamin B1: 0.32mg (21.54%), Selenium: 15.05µg (21.5%), Copper: 0.42mg (20.96%), Vitamin B2: 0.35mg (20.76%), Magnesium: 73.26mg (18.32%), Vitamin B12: 1.03µg (17.18%), Vitamin B5: 1.69mg (16.88%), Iron: 2.99mg (16.62%), Calcium: 81.93mg (8.19%), Vitamin E: 1.22mg (8.13%)