


Spicy Baked Peppers with Quinoa and Corn

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups quinoa cooked
- 14.5 oz canned tomatoes fire roasted with green chilies, drained organic canned
- 1 cup ears corn fresh
- 1 cup gouda cheese smoked shredded
- 1 teaspoon ground cumin
- 1 tablespoon juice of lime fresh
- 1 tablespoon olive oil
- 0.3 teaspoon pepper

- 2 poblano pepper
- 3 bell pepper red medium to large
- 1 cup onion red chopped
- 1 teaspoon salt

Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Set oven control to broil. Line cookie sheet with foil.
- Place poblano chiles on cookie sheet. Broil 8 minutes, turning once, until blackened.
- Place blackened chiles in bowl; cover tightly.
- Let stand 10 minutes.
- Meanwhile, place corn and onion on same cookie sheet. Broil 10 minutes, stirring after 5 minutes.
- Peel off charred skin from blackened chiles; coarsely chop chiles.
- Place in medium bowl.
- Add broiled corn and onion, oil, lime juice, oregano, cumin, salt and pepper.
- Add tomatoes and cooked quinoa; toss.
- Heat oven to 350F.
- Cut each bell pepper in half; remove seeds and membranes (leave stem on, if desired). Fill pepper halves with quinoa mixture; sprinkle evenly with cheese.
- Place on cookie sheet.
- Bake 15 minutes or until peppers are tender and stuffing is hot.

Nutrition Facts



■ PROTEIN 19.2% ■ FAT 42.76% ■ CARBS 38.04%

Properties

Glycemic Index:31, Glycemic Load:7.71, Inflammation Score:-9, Nutrition Score:20.443043397821%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 2.24mg, Luteolin: 2.24mg, Luteolin: 2.24mg, Luteolin: 2.24mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

Nutrients (% of daily need)

Calories: 307.7kcal (15.38%), Fat: 15g (23.08%), Saturated Fat: 7.56g (47.24%), Carbohydrates: 30.02g (10.01%), Net Carbohydrates: 24.84g (9.03%), Sugar: 9.14g (10.15%), Cholesterol: 44.95mg (14.98%), Sodium: 829.28mg (36.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.15g (30.3%), Vitamin C: 113.68mg (137.79%), Vitamin A: 2560.5IU (51.21%), Phosphorus: 363.82mg (36.38%), Calcium: 325.89mg (32.59%), Manganese: 0.61mg (30.27%), Vitamin B6: 0.43mg (21.33%), Fiber: 5.18g (20.72%), Folate: 81.03µg (20.26%), Magnesium: 75.19mg (18.8%), Zinc: 2.59mg (17.25%), Vitamin B2: 0.28mg (16.67%), Potassium: 463.02mg (13.23%), Vitamin E: 1.95mg (12.97%), Vitamin B1: 0.19mg (12.34%), Iron: 2.2mg (12.24%), Selenium: 7.81µg (11.15%), Vitamin B12: 0.61µg (10.12%), Copper: 0.2mg (9.87%), Vitamin K: 8.51µg (8.11%), Vitamin B3: 1.53mg (7.65%), Vitamin B5: 0.57mg (5.72%), Vitamin D: 0.2µg (1.31%)