



Stuffed Baby Bell Peppers

READY IN



120 min.

SERVINGS



8

CALORIES



143 kcal

SIDE DISH

Ingredients

- ☐ 2 fillet anchovy dry rinsed finely chopped
- ☐ 1.5 lb baby and bell peppers red yellow (2 inches in diameter; 24)
- ☐ 0.8 cup bread crumbs toasted
- ☐ 2 tablespoons capers dry rinsed drained chopped
- ☐ 2 large eggs lightly beaten
- ☐ 3 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion chopped
- ☐ 1 oz parmigiano-reggiano finely grated

- ☐ 1 cup whole-milk ricotta
- ☐ 0.5 cup water

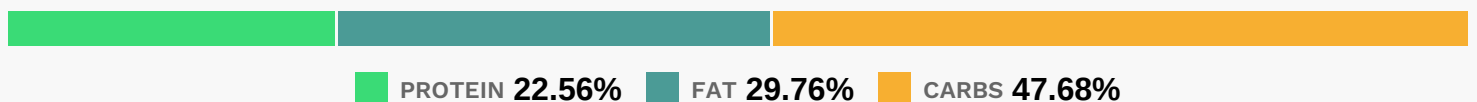
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook onion and anchovies in oil in a heavy skillet over moderate heat, stirring frequently, until onion is golden, about 8 minutes. (Anchovies will dissolve.)
- ☐ Transfer to a bowl and stir in bread crumbs, cheeses, capers, eggs, and parsley until combined well.
- ☐ Preheat oven to 350°F.
- ☐ Cut tops from baby peppers (keep stems on tops) and reserve.
- ☐ Cut a very thin slice from bottom of each pepper so it can stand upright (don't worry if you make a hole in bottom). Scoop out and discard seeds, then divide filling among peppers. Cover with reserved tops and arrange peppers upright in an oiled baking dish.
- ☐ Add water to dish and drizzle peppers with oil.
- ☐ Bake, uncovered, in middle of oven until peppers are tender and filling is puffed, 50 to 60 minutes.
- ☐ * Available at specialty produce markets like Garden of Eden (212-255-4200), mail orders accepted.
- ☐ · Peppers can be stuffed 1 day ahead and chilled, covered. Bring to room temperature before baking. · If using small regular peppers instead of baby ones, halve lengthwise through stem, remove seeds and ribs, and fill.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.33, Inflammation Score:-7, Nutrition Score:11.962173907653%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg

Nutrients (% of daily need)

Calories: 142.6kcal (7.13%), Fat: 4.66g (7.17%), Saturated Fat: 1.39g (8.67%), Carbohydrates: 16.8g (5.6%), Net Carbohydrates: 15.24g (5.54%), Sugar: 2.29g (2.54%), Cholesterol: 54.43mg (18.14%), Sodium: 241.21mg (10.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.95g (15.9%), Vitamin C: 159.16mg (192.92%), Vitamin K: 26.97µg (25.68%), Calcium: 134.01mg (13.4%), Selenium: 7.9µg (11.29%), Folate: 44.51µg (11.13%), Manganese: 0.22mg (10.96%), Vitamin B6: 0.2mg (9.97%), Phosphorus: 93.26mg (9.33%), Vitamin B1: 0.14mg (9.11%), Vitamin B2: 0.14mg (8.32%), Vitamin B3: 1.64mg (8.18%), Vitamin A: 395.17IU (7.9%), Iron: 1.33mg (7.36%), Copper: 0.15mg (7.33%), Potassium: 253.69mg (7.25%), Fiber: 1.57g (6.27%), Magnesium: 20.96mg (5.24%), Vitamin B5: 0.44mg (4.36%), Zinc: 0.61mg (4.1%), Vitamin B12: 0.2µg (3.26%), Vitamin E: 0.44mg (2.91%), Vitamin D: 0.27µg (1.78%)