



## Stuffed Bell Peppers

 **Gluten Free**  **Dairy Free**

READY IN



70 min.

SERVINGS



10

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 15 oz tomato sauce divided canned
- 4 large pasilla peppers green
- 1 cup rice white instant uncooked
- 1 Tbsp seasons garlic & herb dressing mix good ()
- 1 lb ground beef lean
- 1 large onion chopped
- 1.3 cups water divided

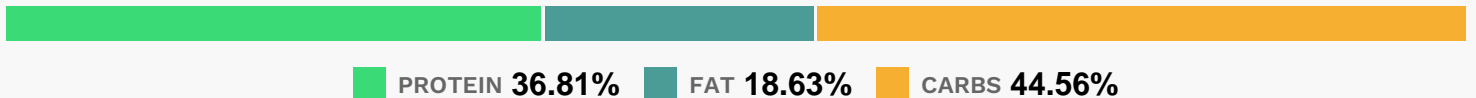
### Equipment

- frying pan
- oven
- baking pan

## Directions

- Brown meat with onions in large skillet on medium heat. Stir in 1 cup tomato sauce, 1 cup water and dressing mix. Bring to boil. Stir in rice; cover.
- Remove from heat.
- Let stand 5 min.
- Heat oven to 400F.
- Cut tops off peppers; remove and discard membranes and seeds.
- Mix remaining tomato sauce and water in 9-inch square baking dish.
- Add peppers; fill with meat mixture. Cover.
- Bake 35 to 40 min. or until peppers are tender. Spoon sauce from bottom of dish over peppers.
- Cut peppers in half to serve.

## Nutrition Facts



## Properties

Glycemic Index:8.7, Glycemic Load:1.24, Inflammation Score:-6, Nutrition Score:12.904782743558%

## Flavonoids

Luteolin: 3.09mg, Luteolin: 3.09mg, Luteolin: 3.09mg, Luteolin: 3.09mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

## Nutrients (% of daily need)

Calories: 125.47kcal (6.27%), Fat: 2.62g (4.04%), Saturated Fat: 1.1g (6.89%), Carbohydrates: 14.13g (4.71%), Net Carbohydrates: 11.74g (4.27%), Sugar: 3.75g (4.17%), Cholesterol: 28.12mg (9.37%), Sodium: 236.53mg (10.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.67g (23.34%), Vitamin C: 56.84mg (68.9%), Vitamin B6: 0.4mg (20.01%), Vitamin B3: 3.87mg (19.36%), Zinc: 2.65mg (17.68%), Vitamin B12: 1.02µg (16.93%), Selenium:

11.44µg (16.35%), Iron: 2.47mg (13.71%), Phosphorus: 129.65mg (12.97%), Manganese: 0.26mg (12.95%), Potassium: 428.56mg (12.24%), Vitamin B1: 0.15mg (10.24%), Folate: 40.34µg (10.09%), Fiber: 2.38g (9.54%), Vitamin K: 9.36µg (8.91%), Vitamin A: 435.66IU (8.71%), Copper: 0.16mg (7.8%), Vitamin B2: 0.13mg (7.54%), Vitamin E: 1.08mg (7.2%), Magnesium: 27.27mg (6.82%), Vitamin B5: 0.55mg (5.48%), Calcium: 30.81mg (3.08%)