



Stuffed Bell Peppers with Feta and Herbs

 Vegetarian  Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



384 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup rice
- 1 teaspoon pepper black as needed freshly ground plus more
- 1 stick cinnamon (1-inch-long)
- 6 ounces cream cheese at room temperature
- 2 tablespoons optional: dill fresh finely chopped
- 7 ounces feta cheese crumbled
- 0.3 cup mint leaves fresh finely chopped
- 0.8 cup golden raisins

- 6 medium bell pepper green
- 2.3 teaspoons kosher salt as needed plus more
- 3 tablespoons juice of lemon freshly squeezed (from 1 medium lemon)
- 2 tablespoons parsley fresh italian finely chopped
- 1.5 cups water

Equipment

- frying pan
- sauce pan
- knife
- mixing bowl
- sieve
- toothpicks
- wooden spoon
- grill
- colander

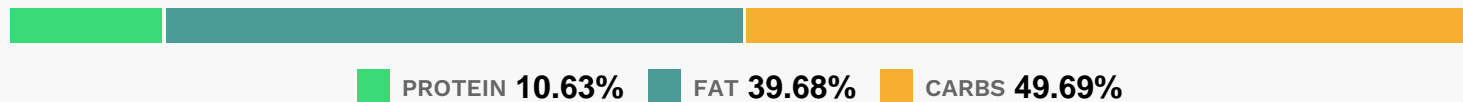
Directions

- Place the rice in a colander or a fine-mesh strainer and rinse under cold water until the water runs clear.
- Combine the rice, measured water, cinnamon stick, and 3/4 teaspoon of the salt in a medium saucepan. Bring to a boil over high heat. Cover the pan and reduce the heat to low; cook until the water has been completely absorbed, about 10 minutes (the rice will be slightly undercooked).
- Remove the lid from the pan, discard the cinnamon stick, and set the pan aside to let the rice cool. Meanwhile, prepare the peppers. Use a paring knife to cut a wide circle around each stem (like when carving a jack-o'-lantern), so you end up with a cap that can be replaced once you've stuffed the peppers; be careful not to puncture or rip the peppers.
- Remove and discard any seeds and membranes from the cap and from the interior; set the peppers aside. In a large mixing bowl, vigorously mix the cream cheese with a wooden spoon until light and fluffy. Stir in the feta, raisins, mint, dill, parsley, lemon juice, measured pepper,

and remaining 1 1/2 teaspoons of salt.

- Add the cooked rice and mix gently to combine. Taste and, if necessary, add more salt and pepper. (The filling should be quite salty to compensate for there being no salt on the peppers.) Divide the rice mixture into 6 equal portions. Stuff each pepper with the filling, replace the caps, and press each cap into the filling. Pierce 2 toothpicks through each cap and out the sides of the pepper to secure the caps while on the grill; set aside until ready to cook. (If you're stuffing the peppers more than 30 minutes before grilling, cover and refrigerate them for up to 4 hours.
- Let the peppers sit at room temperature at least 30 minutes before grilling so that they cook faster and more evenly.)
- Heat a charcoal or gas grill to medium (about 350°F to 450°F).
- Place the stuffed peppers on their sides and close the lid.
- Roll each pepper a quarter turn every 7 minutes or so to cook all four sides. The peppers are finished once the filling is hot, the skins are well-charred, and the flesh is soft to the touch, about 30 minutes.
- Remove the toothpicks. If serving as a side dish, slice the peppers in half vertically.

Nutrition Facts



Properties

Glycemic Index:44.31, Glycemic Load:23.78, Inflammation Score:-8, Nutrition Score:18.88000002633%

Flavonoids

Eriodictyol: 1.14mg, Eriodictyol: 1.14mg, Eriodictyol: 1.14mg, Eriodictyol: 1.14mg Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 3.01mg, Apigenin: 3.01mg, Apigenin: 3.01mg, Apigenin: 3.01mg Luteolin: 5.94mg, Luteolin: 5.94mg, Luteolin: 5.94mg, Luteolin: 5.94mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 384.16kcal (19.21%), Fat: 17.42g (26.81%), Saturated Fat: 10.3g (64.34%), Carbohydrates: 49.1g (16.37%), Net Carbohydrates: 45.29g (16.47%), Sugar: 14.9g (16.56%), Cholesterol: 58.07mg (19.36%), Sodium: 1350.17mg (58.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.5g (21%), Vitamin C: 101.86mg (123.47%), Manganese:

0.73mg (36.48%), Vitamin K: 33.26µg (31.67%), Vitamin B6: 0.54mg (27.09%), Vitamin B2: 0.44mg (25.75%), Calcium: 238.97mg (23.9%), Vitamin A: 1193.41IU (23.87%), Phosphorus: 226.08mg (22.61%), Selenium: 12.23µg (17.47%), Fiber: 3.81g (15.25%), Potassium: 474.29mg (13.55%), Copper: 0.26mg (12.8%), Zinc: 1.71mg (11.42%), Vitamin B12: 0.62µg (10.36%), Vitamin B1: 0.15mg (10.26%), Magnesium: 39.51mg (9.88%), Vitamin B5: 0.97mg (9.68%), Folate: 34.71µg (8.68%), Iron: 1.53mg (8.53%), Vitamin B3: 1.71mg (8.53%), Vitamin E: 0.84mg (5.58%)