



Stuffed Cherry Peppers

 **Gluten Free**

READY IN



45 min.

SERVINGS



25

CALORIES



38 kcal

SIDE DISH

Ingredients

- 14 ounce cherry peppers
- 1 eggs
- 0.3 pound ground beef
- 0.3 cup parmesan cheese grated
- 0.3 pound sausage

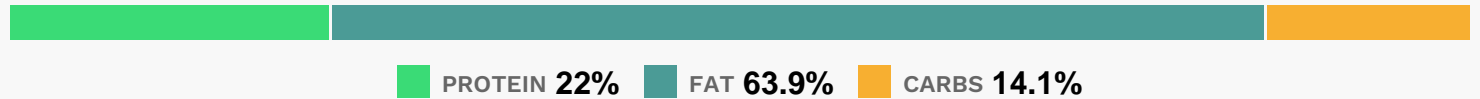
Equipment

- oven
- mixing bowl

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Drain peppers and remove all seeds.
- In a medium mixing bowl, combine ground beef, sausage, cheese and egg; stir well. Stuff the meat mixture into peppers.
- Bake for 30 minutes. The stuffed peppers are best served at room temperature.

Nutrition Facts



Properties

Glycemic Index:1.12, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.0695652070901%

Nutrients (% of daily need)

Calories: 37.71kcal (1.89%), Fat: 2.56g (3.94%), Saturated Fat: 0.96g (5.98%), Carbohydrates: 1.27g (0.42%), Net Carbohydrates: 0.7g (0.26%), Sugar: 0.01g (0.01%), Cholesterol: 13.9mg (4.63%), Sodium: 247.5mg (10.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Vitamin B12: 0.16µg (2.75%), Zinc: 0.35mg (2.36%), Phosphorus: 23.12mg (2.31%), Fiber: 0.57g (2.27%), Selenium: 1.57µg (2.24%), Vitamin B3: 0.41mg (2.04%), Vitamin B6: 0.03mg (1.62%), Vitamin B2: 0.02mg (1.4%), Calcium: 11.05mg (1.11%), Vitamin B1: 0.02mg (1.03%)