Stuffed Green Peppers

Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
60 min.	6	286 kcal

SIDE DISH

Ingredients

- [ ] 15 ounce tomato sauce divided canned
- [ ] 0.3 cup celery chopped
- [ ] 1.5 cups rice cooked
- [ ] 6 pasilla peppers green seeds removed
- [ ] 1 pound ground beef
- [ ] 6 servings salt and ground pepper black to taste
- [ ] 1 tablespoon onion grated

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] oven
- [ ] pot
- [ ] baking pan
- [ ] spatula

Directions

- [ ] Preheat oven to 375 degrees F (190 degrees C).
- [ ] Bring a pot of water to a boil. Cook green bell peppers in the boiling water until soft, 5 to 8 minutes; drain.
- [ ] Cook ground beef in large skillet over medium-high heat, breaking into small pieces with a spatula as it cooks, until completely browned, 7 to 10 minutes.
- [ ] Drain and discard excess grease.
- [ ] Transfer beef to a large bowl.
- [ ] Stir rice, celery, onion, and about half the tomato sauce with the ground beef; season with salt and pepper. Stuff cooked green peppers with the ground beef mixture.
- [ ] Arrange stuffed peppers in a baking dish.
- [ ] Pour enough water into the baking dish to about 1-inch deep.
- [ ] Pour remainder of tomato sauce over the peppers.
- [ ] Bake in preheated oven until heated through, about 30 minutes.

Nutrition Facts

PROTEIN **22.2%** FAT **48.93%** CARBS **28.87%**

Properties

Glycemic Index:42.5, Glycemic Load:13.59, Inflammation Score:-7, Nutrition Score:18.152173892311%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 5.66mg, Luteolin: 5.66mg, Luteolin: 5.66mg, Luteolin: 5.66mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg,

Isorhamnetin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 285.88kcal (14.29%), Fat: 15.66g (24.09%), Saturated Fat: 5.93g (37.09%), Carbohydrates: 20.8g (6.93%), Net Carbohydrates: 17.41g (6.33%), Sugar: 5.55g (6.16%), Cholesterol: 53.68mg (17.89%), Sodium: 395.13mg (17.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.98g (31.97%), Vitamin C: 100.93mg (122.34%), Vitamin B6: 0.62mg (31.17%), Vitamin B12: 1.62µg (26.96%), Zinc: 3.68mg (24.5%), Vitamin B3: 4.65mg (23.24%), Manganese: 0.44mg (21.78%), Selenium: 14.76µg (21.09%), Potassium: 655.04mg (18.72%), Phosphorus: 181.35mg (18.14%), Vitamin A: 772.96IU (15.46%), Iron: 2.65mg (14.75%), Fiber: 3.39g (13.55%), Vitamin K: 13.97µg (13.3%), Vitamin E: 1.8mg (12.02%), Copper: 0.24mg (11.87%), Vitamin B2: 0.2mg (11.78%), Magnesium: 41.08mg (10.27%), Vitamin B5: 0.89mg (8.88%), Vitamin B1: 0.13mg (8.49%), Folate: 27.11µg (6.78%), Calcium: 42.45mg (4.25%)