



Stuffed Green Peppers



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



588 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce black beans drained and rinsed canned
- ☐ 15 ounce tomato sauce canned
- ☐ 1 tablespoon chili powder
- ☐ 4 bell peppers green
- ☐ 16 slices swiss cheese
- ☐ 1 cup rice white uncooked

Equipment

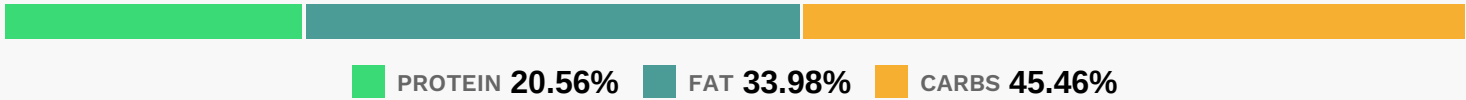
- ☐ sauce pan

☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a saucepan bring 2 cups water to a boil.
- ☐ Add rice and stir. Reduce heat, cover and simmer for 20 minutes.
- ☐ Combine cooked rice with black beans and chili powder.
- ☐ Cut the tops off of the peppers and remove the ribs and seeds. Spoon about 2 tablespoons of the rice and bean mixture into the bottoms of the peppers.
- ☐ Lay a slice of cheese on top and repeat 3 more times, ending with cheese on top.
- ☐ Bake in preheated oven until peppers soften, about 45 minutes.
- ☐ Meanwhile, heat tomato sauce in a small saucepan over low to medium heat. Slice peppers in half, top with tomato sauce and serve.

Nutrition Facts



Properties

Glycemic Index:35.8, Glycemic Load:24.69, Inflammation Score:-9, Nutrition Score:32.735652260158%

Flavonoids

Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 587.75kcal (29.39%), Fat: 22.5g (34.62%), Saturated Fat: 12.7g (79.38%), Carbohydrates: 67.72g (22.57%), Net Carbohydrates: 55.47g (20.17%), Sugar: 6.84g (7.6%), Cholesterol: 63.24mg (21.08%), Sodium: 1076.63mg (46.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.64g (61.27%), Vitamin C: 106mg (128.49%), Calcium: 688.74mg (68.87%), Phosphorus: 616.83mg (61.68%), Manganese: 1.05mg (52.36%), Fiber: 12.25g (49%), Selenium: 29.88µg (42.69%), Vitamin A: 2062.28IU (41.25%), Vitamin B12: 2.05µg (34.23%), Zinc: 4.52mg (30.16%), Vitamin B6: 0.59mg (29.73%), Potassium: 991.9mg (28.34%), Vitamin B2: 0.48mg (28.09%), Copper: 0.56mg (27.93%), Magnesium: 102.04mg (25.51%), Folate: 96.7µg (24.17%), Iron: 4.25mg (23.61%), Vitamin E: 3.19mg (21.29%), Vitamin B1: 0.29mg (19.14%), Vitamin B3: 3.3mg (16.48%), Vitamin B5: 1.42mg (14.2%), Vitamin K: 14.89µg (14.19%)