



Stuffed Green Peppers I



Gluten Free



Popular

READY IN



60 min.

SERVINGS



6

CALORIES



432 kcal

SIDE DISH

Ingredients

- ☐ 14.5 ounce canned tomatoes whole peeled chopped canned
- ☐ 21.5 ounce condensed tomato soup canned
- ☐ 6 bell peppers green
- ☐ 1 pound ground beef
- ☐ 0.3 cup onion chopped
- ☐ 0.5 cup rice uncooked
- ☐ 6 servings salt to taste
- ☐ 6 servings salt and pepper to taste

- ☐ 1 cup cheddar cheese shredded
- ☐ 0.5 cup water
- ☐ 6 servings water as needed
- ☐ 1 teaspoon worcestershire sauce

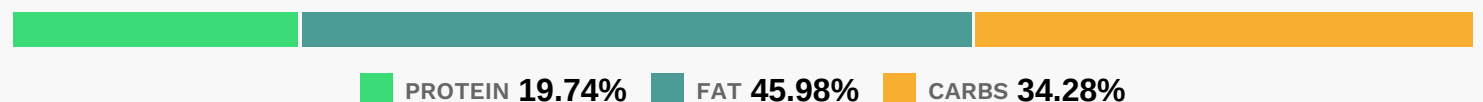
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Cut the tops off the peppers, and remove the seeds. Cook peppers in boiling water for 5 minutes; drain.
- ☐ Sprinkle salt inside each pepper, and set aside.
- ☐ In a large skillet, saute beef and onions for 5 minutes, or until beef is browned.
- ☐ Drain off excess fat, and season with salt and pepper. Stir in the tomatoes, rice, 1/2 cup water and Worcestershire sauce. Cover, and simmer for 15 minutes, or until rice is tender.
- ☐ Remove from heat, and stir in the cheese.
- ☐ Preheat the oven to 350 degrees F. (175 degrees C). Stuff each pepper with the beef and rice mixture, and place peppers open side up in a baking dish. In a medium bowl, combine tomato soup with just enough water to make the soup a gravy consistency.
- ☐ Pour over the peppers.
- ☐ Bake covered for 25 to 35 minutes, until heated through and cheese is melted and bubbly.

Nutrition Facts



Properties

Glycemic Index:26.95, Glycemic Load:13.31, Inflammation Score:-8, Nutrition Score:22.898260769637%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.62mg, Luteolin: 5.62mg, Luteolin: 5.62mg, Luteolin: 5.62mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Nutrients (% of daily need)

Calories: 431.95kcal (21.6%), Fat: 22.37g (34.42%), Saturated Fat: 9.65g (60.29%), Carbohydrates: 37.53g (12.51%), Net Carbohydrates: 33.35g (12.13%), Sugar: 13.4g (14.89%), Cholesterol: 72.51mg (24.17%), Sodium: 1072.86mg (46.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.61g (43.21%), Vitamin C: 115.94mg (140.53%), Vitamin B6: 0.72mg (36.16%), Potassium: 1165.37mg (33.3%), Selenium: 22.16µg (31.66%), Vitamin B12: 1.82µg (30.29%), Zinc: 4.5mg (29.98%), Phosphorus: 294.92mg (29.49%), Vitamin B3: 5.4mg (27%), Manganese: 0.53mg (26.39%), Vitamin A: 1108.35IU (22.17%), Calcium: 208.46mg (20.85%), Iron: 3.36mg (18.69%), Vitamin B2: 0.29mg (17.2%), Fiber: 4.18g (16.71%), Copper: 0.31mg (15.48%), Vitamin K: 15.92µg (15.16%), Magnesium: 59.04mg (14.76%), Vitamin B1: 0.19mg (12.99%), Vitamin E: 1.72mg (11.48%), Vitamin B5: 0.82mg (8.23%), Folate: 29.63µg (7.41%), Vitamin D: 0.19µg (1.26%)