



Stuffed Green Peppers II



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



298 kcal

SIDE DISH

Ingredients

- ☐ 14.5 ounce canned tomatoes diced with juice peeled canned
- ☐ 6 large bell peppers green
- ☐ 0.8 cup rice instant uncooked
- ☐ 1.5 pounds ground beef lean
- ☐ 1 onion chopped
- ☐ 6 servings salt and pepper to taste
- ☐ 16 ounce spaghetti sauce
- ☐ 0.8 cup water

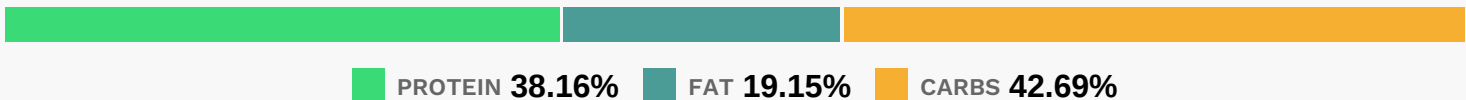
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ In a large skillet or medium stock pot, brown the beef and onion over medium heat.
- ☐ Drain fat.
- ☐ Add rice, water, diced tomatoes, and stewed tomatoes. Season with salt and pepper. Simmer until rice is tender. Preheat oven to 325 degrees F (165 degrees C).
- ☐ Cut the tops off the bell peppers and clean out the seeds and membrane. (Note: You may have to slightly slice the bottom of the peppers to make them stand up.) Fill peppers with meat mixture.
- ☐ Place in a casserole dish and bake in a preheated oven for 20 minutes or until peppers are as tender as you like.
- ☐ Served topped with spaghetti sauce.

Nutrition Facts



Properties

Glycemic Index:23.86, Glycemic Load:13.28, Inflammation Score:-9, Nutrition Score:24.857391326324%

Flavonoids

Luteolin: 7.73mg, Luteolin: 7.73mg, Luteolin: 7.73mg, Luteolin: 7.73mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg

Nutrients (% of daily need)

Calories: 298.04kcal (14.9%), Fat: 6.35g (9.76%), Saturated Fat: 2.73g (17.04%), Carbohydrates: 31.82g (10.61%), Net Carbohydrates: 27.29g (9.92%), Sugar: 7.43g (8.26%), Cholesterol: 70.31mg (23.44%), Sodium: 635.26mg (27.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.45g (56.89%), Vitamin C: 138.5mg (167.88%), Vitamin B6: 0.95mg (47.29%), Zinc: 6.44mg (42.92%), Vitamin B12: 2.54µg (42.34%), Vitamin B3: 8.16mg (40.79%), Selenium: 23.77µg (33.96%), Phosphorus: 309.65mg (30.97%), Manganese: 0.57mg (28.4%), Potassium: 957.29mg (27.35%), Iron: 4.21mg (23.37%), Vitamin A: 934.51IU (18.69%), Fiber: 4.53g (18.14%), Vitamin B2: 0.29mg (17.29%), Copper: 0.35mg (17.27%), Magnesium: 60.6mg (15.15%), Vitamin K: 14.69µg (13.99%), Vitamin B5: 1.38mg (13.81%), Vitamin E: 2.04mg (13.61%), Vitamin B1: 0.18mg (12.18%), Folate: 34.21µg (8.55%), Calcium: 48.89mg (4.89%)