



Stuffed Hot Peppers

READY IN



35 min.

SERVINGS



6

CALORIES



251 kcal

SIDE DISH

Ingredients

- 8 ounce cream cheese softened
- 1 teaspoon basil dried
- 0.3 cup bread crumbs dry italian-style
- 0.8 tablespoon garlic salt
- 0.3 cup ground sausage italian
- 1 tablespoon olive oil
- 1 teaspoon oregano dried
- 6 hungarian peppers hot cored seeded
- 3 tablespoons romano cheese grated

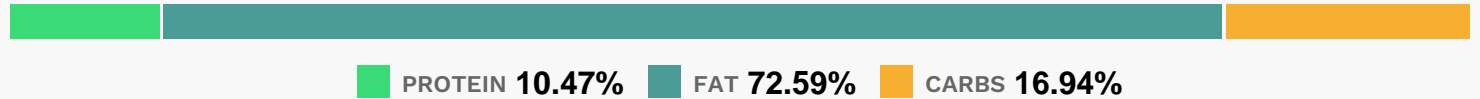
Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, crumble and set aside.
- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, mix together the sausage, cream cheese, garlic salt, Romano cheese, oregano, basil, bread crumbs and olive oil.
- Stuff the peppers with the sausage mixture.
- Place on a baking sheet, and bake in the preheated oven 20 to 25 minutes, until the stuffing is lightly brown and bubbly.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:2.1, Inflammation Score:-8, Nutrition Score:10.987391226318%

Nutrients (% of daily need)

Calories: 251.05kcal (12.55%), Fat: 20.66g (31.79%), Saturated Fat: 9.97g (62.29%), Carbohydrates: 10.86g (3.62%), Net Carbohydrates: 9.71g (3.53%), Sugar: 4.21g (4.68%), Cholesterol: 50.77mg (16.92%), Sodium: 1165.05mg (50.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.41%), Vitamin C: 64.94mg (78.71%), Vitamin A: 953.33IU (19.07%), Vitamin B6: 0.3mg (15.17%), Vitamin K: 13.88µg (13.22%), Selenium: 8.63µg (12.33%), Vitamin B1: 0.18mg (11.69%), Vitamin B2: 0.18mg (10.88%), Phosphorus: 108.31mg (10.83%), Manganese: 0.19mg (9.34%), Calcium: 92.53mg (9.25%), Vitamin B3: 1.45mg (7.22%), Potassium: 250.75mg (7.16%), Vitamin E: 1.06mg (7.07%), Iron: 1.26mg (7.01%), Folate: 22.71µg (5.68%), Magnesium: 21.3mg (5.33%), Copper: 0.1mg (4.89%), Zinc: 0.72mg (4.77%), Fiber: 1.15g (4.6%), Vitamin B5: 0.42mg (4.21%), Vitamin B12: 0.25µg (4.2%)