



Stuffed Mexican Peppers

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



323 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce tomato sauce divided canned
- ☐ 2 teaspoons chili powder
- ☐ 6 inch colby-jack cheese
- ☐ 0.5 cup rice cooked
- ☐ 0.3 teaspoon garlic salt
- ☐ 1 pound ground beef
- ☐ 0.1 teaspoon ground pepper black
- ☐ 3 large bell peppers red

- ☐ 0.3 teaspoon salt
- ☐ 1 ounce taco seasoning
- ☐ 0.8 cup water

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Place the ground beef into a skillet over medium heat, and brown the meat, breaking it apart into crumbles as it cooks, about 8 minutes.
- ☐ Drain excess fat. Stir in the taco seasoning, water, chili powder, cooked rice, salt, garlic salt, black pepper, and 1 can of tomato sauce; mix until thoroughly combined. Bring to a boil, reduce heat to low, and simmer 20 minutes.
- ☐ Meanwhile, cut the bell peppers in half lengthwise, and remove stems, membranes, cores, and seeds.
- ☐ Place a steamer insert into a large saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat.
- ☐ Place the peppers into the steamer insert, cover the pan, and steam until just tender, 3 to 5 minutes.
- ☐ Place the steamed peppers into the prepared baking dish, and fill lightly with the meat filling. Press 1 cube of Colby-Jack cheese into the center of the filling in each pepper, and spoon the remaining can of tomato sauce over the peppers. Cover the dish with aluminum foil.
- ☐ Bake in the preheated oven until the peppers are tender and the filling is hot, 25 to 30 minutes.

Nutrition Facts



 **PROTEIN 23.53%**  **FAT 57.22%**  **CARBS 19.25%**

Properties

Glycemic Index:40.83, Glycemic Load:6.35, Inflammation Score:-10, Nutrition Score:22.098260946896%

Flavonoids

Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 322.88kcal (16.14%), Fat: 20.88g (32.12%), Saturated Fat: 9.15g (57.21%), Carbohydrates: 15.8g (5.27%), Net Carbohydrates: 11.76g (4.28%), Sugar: 7.16g (7.96%), Cholesterol: 68.81mg (22.94%), Sodium: 1101.82mg (47.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.31g (38.63%), Vitamin C: 112.38mg (136.22%), Vitamin A: 3666.63IU (73.33%), Vitamin B6: 0.6mg (29.83%), Vitamin B12: 1.76µg (29.32%), Zinc: 4.14mg (27.59%), Vitamin B3: 4.89mg (24.47%), Phosphorus: 244.39mg (24.44%), Selenium: 15.47µg (22.09%), Vitamin E: 3mg (19.99%), Potassium: 633.64mg (18.1%), Vitamin B2: 0.31mg (17.95%), Iron: 3.13mg (17.41%), Fiber: 4.04g (16.16%), Calcium: 161.46mg (16.15%), Folate: 53.46µg (13.37%), Manganese: 0.26mg (13.07%), Magnesium: 41.57mg (10.39%), Vitamin B5: 0.97mg (9.67%), Copper: 0.17mg (8.68%), Vitamin K: 8.69µg (8.28%), Vitamin B1: 0.1mg (6.79%), Vitamin D: 0.18µg (1.18%)