



Stuffed Mini Peppers with Coconut Rice



Gluten Free



Dairy Free



Low Fod Map

READY IN



65 min.

SERVINGS



12

CALORIES



94 kcal

SIDE DISH

Ingredients

- ☐ 1 cup rice
- ☐ 12 bell peppers mini
- ☐ 12 servings cilantro leaves
- ☐ 2 tablespoons coconut or shredded toasted
- ☐ 1.3 cups so delicious dairy free coconut milk beverage
- ☐ 1 tablespoon lime zest
- ☐ 1 pinch salt
- ☐ 0.3 cup walnuts crushed

☐ 0.8 cup water

Equipment

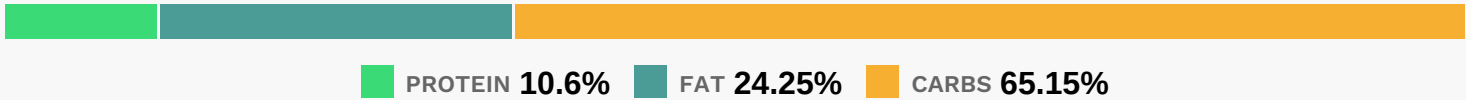
☐ oven

☐ pot

Directions

- ☐ Rinse and drain rice in cold water. Next add the rice, water, coconut milk, and salt together in a pot over high heat and, bring the to a boil. Stir and reduce the heat to the lowest possible setting and cover the pot tightly with the lid. Continue cooking for about 20 minutes until done.
- ☐ Mix lime peel and crushed walnuts into the cooked rice.
- ☐ Cut the side length of the peppers, and remove the veins and seeds (save the cut-offs for other usage). Fill each pepper with the coconut rice mixture.
- ☐ Place on greased tray and bake at 350°F for 20–30 mins.Arrange on a platter and garnish with toasted shredded coconut and cilantro and olives.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:8.07, Inflammation Score:-7, Nutrition Score:7.0739130300024%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 93.68kcal (4.68%), Fat: 2.54g (3.92%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 15.38g (5.13%), Net Carbohydrates: 14.24g (5.18%), Sugar: 1.94g (2.16%), Cholesterol: 0mg (0%), Sodium: 18.42mg (0.8%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.5g (5.01%), Vitamin C: 37.84mg (45.87%), Vitamin A: 980.78IU (19.62%), Manganese: 0.3mg (14.76%), Vitamin B6: 0.18mg (8.9%), Vitamin E: 1.1mg (7.34%), Vitamin B3: 1.36mg (6.82%),

Folate: 24.69µg (6.17%), Copper: 0.11mg (5.71%), Vitamin B2: 0.08mg (4.96%), Fiber: 1.14g (4.57%), Selenium: 3.13µg (4.47%), Vitamin B12: 0.27µg (4.43%), Calcium: 43.88mg (4.39%), Potassium: 126.22mg (3.61%), Phosphorus: 34.52mg (3.45%), Vitamin B1: 0.05mg (3.35%), Magnesium: 11.54mg (2.88%), Vitamin B5: 0.26mg (2.63%), Iron: 0.46mg (2.56%), Zinc: 0.38mg (2.56%), Vitamin D: 0.29µg (1.97%), Vitamin K: 1.77µg (1.68%)