



Stuffed Peppers

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cooking wine dry red
- 0.5 cup parsley fresh chopped
- 0.1 teaspoon ground allspice
- 0.8 pound ground sirloin
- 1 cup onion chopped
- 1 teaspoon paprika
- 2 ounces parmesan cheese fresh grated
- 4 medium bell peppers red

- 3.5 ounce boil-in-bag rice long-grain
- 0.5 teaspoon salt
- 2 cups bottled tomato-and-basil pasta sauce divided (such as Classico)

Equipment

- frying pan
- sauce pan
- oven
- plastic wrap
- baking pan
- aluminum foil
- microwave

Directions

- Preheat oven to 45
- Cook rice according to package directions, omitting salt and fat. Set aside.
- While rice cooks, cut tops off bell peppers; reserve tops. Discard seeds and membranes.
- Place peppers, cut sides down, in an 8-inch square baking dish; cover with plastic wrap. Microwave at high 2 minutes or until peppers are crisp-tender. Cool.
- Heat a large nonstick skillet over medium-high heat.
- Add beef and the next 5 ingredients (beef through allspice); cook 4 minutes or until beef is lightly browned, stirring to crumble.
- Remove from heat.
- Add rice, 1/2 cup pasta sauce, and cheese to beef mixture, stirring to combine.
- While beef cooks, combine 1 1/2 cups pasta sauce and wine in a small saucepan; bring to a boil.
- Spoon about 3/4 cup beef mixture into each pepper.
- Place peppers in a 2-quart baking dish coated with cooking spray; add wine mixture to pan. Cover with foil.
- Bake at 450 for 20 minutes. Uncover; bake an additional 5 minutes or until lightly browned.

Serve peppers with sauce.

Garnish with pepper tops.

Nutrition Facts

PROTEIN 23.97% **FAT 39.23%** **CARBS 36.8%**

Properties

Glycemic Index:52.3, Glycemic Load:14.47, Inflammation Score:-10, Nutrition Score:30.933043604312%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg Quercetin: 8.59mg, Quercetin: 8.59mg, Quercetin: 8.59mg, Quercetin: 8.59mg

Nutrients (% of daily need)

Calories: 450.08kcal (22.5%), Fat: 18.61g (28.63%), Saturated Fat: 7.71g (48.18%), Carbohydrates: 39.27g (13.09%), Net Carbohydrates: 33.33g (12.12%), Sugar: 11.45g (12.73%), Cholesterol: 67.47mg (22.49%), Sodium: 821.09mg (35.7%), Alcohol: 3.15g (100%), Alcohol %: 1.04% (100%), Protein: 25.58g (51.17%), Vitamin C: 168.28mg (203.98%), Vitamin K: 130.76µg (124.54%), Vitamin A: 5090.8IU (101.82%), Vitamin B6: 0.76mg (37.99%), Vitamin B12: 2.02µg (33.59%), Zinc: 4.94mg (32.93%), Phosphorus: 320.86mg (32.09%), Selenium: 20.73µg (29.62%), Vitamin B3: 5.75mg (28.75%), Potassium: 855.61mg (24.45%), Manganese: 0.49mg (24.43%), Fiber: 5.94g (23.75%), Calcium: 237.15mg (23.72%), Folate: 82.09µg (20.52%), Iron: 3.63mg (20.16%), Vitamin B2: 0.31mg (18.47%), Vitamin E: 2.46mg (16.42%), Magnesium: 50.76mg (12.69%), Vitamin B5: 1.25mg (12.52%), Vitamin B1: 0.15mg (9.96%), Copper: 0.17mg (8.36%), Vitamin D: 0.16µg (1.04%)