

# Stuffed Peppers

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



80 min.

SERVINGS



6

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 16 ounce tomato sauce canned
- 0.3 teaspoon garlic powder
- 6 bell peppers green
- 1 pound ground beef
- 1 teaspoon penzey's southwest seasoning italian
- 0.3 teaspoon onion powder
- 6 servings salt and pepper to taste
- 1 cup water

- 0.5 cup rice long grain white uncooked
- 1 tablespoon worcestershire sauce

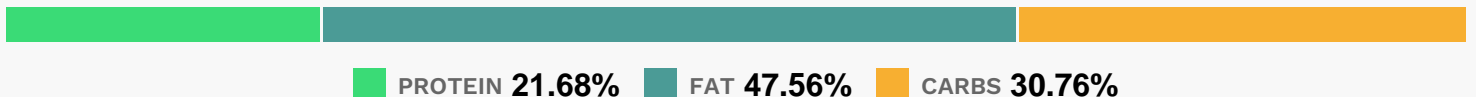
## Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place the rice and water in a saucepan, and bring to a boil. Reduce heat, cover, and cook 20 minutes. In a skillet over medium heat, cook the beef until evenly browned.
- Remove and discard the tops, seeds, and membranes of the bell peppers. Arrange peppers in a baking dish with the hollowed sides facing upward. (Slice the bottoms of the peppers if necessary so that they will stand upright.)
- In a bowl, mix the browned beef, cooked rice, 1 can tomato sauce, Worcestershire sauce, garlic powder, onion powder, salt, and pepper. Spoon an equal amount of the mixture into each hollowed pepper.
- Mix the remaining tomato sauce and Italian seasoning in a bowl, and pour over the stuffed peppers.
- Bake 1 hour in the preheated oven, basting with sauce every 15 minutes, until the peppers are tender.

## Nutrition Facts



## Properties

Glycemic Index:21.03, Glycemic Load:9.07, Inflammation Score:-7, Nutrition Score:18.434782774552%

## Flavonoids

Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

## **Nutrients (% of daily need)**

Calories: 294kcal (14.7%), Fat: 15.67g (24.1%), Saturated Fat: 5.93g (37.09%), Carbohydrates: 22.79g (7.6%), Net Carbohydrates: 19.27g (7.01%), Sugar: 5.87g (6.52%), Cholesterol: 53.68mg (17.89%), Sodium: 646.14mg (28.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.07g (32.14%), Vitamin C: 101.36mg (122.87%), Vitamin B6: 0.62mg (30.81%), Vitamin B12: 1.62µg (26.96%), Zinc: 3.67mg (24.5%), Vitamin B3: 4.8mg (24%), Manganese: 0.42mg (21.04%), Selenium: 14.19µg (20.28%), Potassium: 683.84mg (19.54%), Phosphorus: 184.37mg (18.44%), Iron: 3.01mg (16.69%), Vitamin A: 775.55IU (15.51%), Fiber: 3.52g (14.09%), Vitamin K: 14.4µg (13.72%), Copper: 0.26mg (13.05%), Vitamin E: 1.92mg (12.8%), Vitamin B2: 0.21mg (12.21%), Magnesium: 41.8mg (10.45%), Vitamin B5: 0.89mg (8.92%), Vitamin B1: 0.13mg (8.85%), Folate: 26.36µg (6.59%), Calcium: 50.49mg (5.05%)