

food
network

 **62%**
HEALTH SCORE

Stuffed Peppers

 **Gluten Free**  **Very Healthy**

READY IN



70 min.

SERVINGS



6

CALORIES



251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup arugula fresh
- 14 ounce canned tomatoes drained
- 2 cups rice wild cooked
- 2 teaspoons freshly garlic chopped
- 4 tablespoons grapeseed oil
- 6 bell peppers green seeded
- 1 cup mushrooms sliced
- 0.5 cup parmesan grated

- 1 cup pasilla peppers diced green red
- 6 servings salt and pepper black freshly ground
- 2 teaspoons freshly tarragon leaves chopped
- 2 tablespoons tomato paste
- 1 onion diced white
- 1 baby squash diced yellow
- 1 zucchini diced

Equipment

- frying pan
- oven
- aluminum foil

Directions

- Preheat the oven to 350 degrees F.
- Wrap the peppers in aluminum foil, and bake in the oven until tender, but not falling apart, about 15 minutes.
- Remove from the oven and allow to cool.
- In a large skillet over medium heat, add the grapeseed oil. When the oil is hot, add the onions, mushrooms and garlic and saute until the mushrooms are golden brown.
- Add in the zucchini, yellow squash, wild rice, tomatoes, red and green peppers and continue to cook until the vegetables are tender. Adjust the seasoning with salt and pepper, to taste, and stir in the tomato paste.
- Remove from the heat and fold in the fresh arugula or spinach and the fresh herbs. Spoon the vegetable mixture into the cooled peppers.
- Transfer the peppers to a heat-proof serving dish and top with a little Parmesan.
- Bake until the peppers are heated through, about 15 minutes.
- Remove from the oven and serve.

Nutrition Facts



■ PROTEIN 14.17% ■ FAT 41.69% ■ CARBS 44.14%

Properties

Glycemic Index:75.67, Glycemic Load:3.37, Inflammation Score:-9, Nutrition Score:20.77739131969%

Flavonoids

Luteolin: 6.78mg, Luteolin: 6.78mg, Luteolin: 6.78mg, Luteolin: 6.78mg Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.4mg, Quercetin: 7.4mg, Quercetin: 7.4mg, Quercetin: 7.4mg

Nutrients (% of daily need)

Calories: 250.87kcal (12.54%), Fat: 12.44g (19.14%), Saturated Fat: 2.48g (15.5%), Carbohydrates: 29.63g (9.88%), Net Carbohydrates: 23.42g (8.52%), Sugar: 10.19g (11.32%), Cholesterol: 5.67mg (1.89%), Sodium: 275.21mg (11.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.51g (19.02%), Vitamin C: 137.13mg (166.22%), Vitamin B6: 0.71mg (35.43%), Manganese: 0.71mg (35.4%), Vitamin E: 4.53mg (30.17%), Fiber: 6.21g (24.85%), Potassium: 848.75mg (24.25%), Vitamin A: 1061.23IU (21.22%), Phosphorus: 206.43mg (20.64%), Vitamin K: 21.44µg (20.42%), Copper: 0.41mg (20.38%), Vitamin B2: 0.32mg (18.68%), Magnesium: 70.02mg (17.51%), Calcium: 169.1mg (16.91%), Vitamin B3: 3.37mg (16.86%), Folate: 67.04µg (16.76%), Vitamin B1: 0.22mg (14.9%), Iron: 2.55mg (14.16%), Zinc: 1.73mg (11.53%), Vitamin B5: 0.86mg (8.57%), Selenium: 4.89µg (6.98%), Vitamin B12: 0.11µg (1.77%)