



Stuffed Peppers

READY IN



75 min.

SERVINGS



10

CALORIES



254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bell pepper chopped
- 0.3 cup bread crumbs
- 0.5 pound diestel breakfast sausage
- 1 cup celery chopped
- 3 tablespoons cooking oil
- 8 ounces cream cheese
- 2 garlic cloves diced finely
- 1 tablespoon hot sauce
- 1 onion chopped

- 0.3 cup freshly parsley leaves chopped
- 20 poblano peppers seeds removed cut in 1/2,

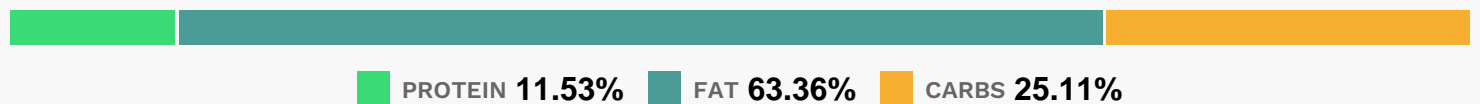
Equipment

- frying pan
- oven
- grill

Directions

- In a saute pan over medium-high heat add the oil. Once heated add the celery, bell peppers and onion and saute for about 8 minutes.
- Add sausage and garlic and brown.
- Add cream cheese and stir until melted. Take off heat and stir in parsley, hot sauce and bread crumbs.
- Let cool.
- Preheat oven to 400 degrees F.
- Stuff peppers with vegetable and cheese mixture and bake for 15 minutes or grill until char develops.

Nutrition Facts



Properties

Glycemic Index:21.8, Glycemic Load:1.53, Inflammation Score:-9, Nutrition Score:17.956086832544%

Flavonoids

Apigenin: 4.6mg, Apigenin: 4.6mg, Apigenin: 4.6mg, Apigenin: 4.6mg Luteolin: 11.41mg, Luteolin: 11.41mg, Luteolin: 11.41mg, Luteolin: 11.41mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 7.58mg, Quercetin: 7.58mg, Quercetin: 7.58mg, Quercetin: 7.58mg

Nutrients (% of daily need)

Calories: 254.38kcal (12.72%), Fat: 18.65g (28.7%), Saturated Fat: 7.08g (44.22%), Carbohydrates: 16.63g (5.54%), Net Carbohydrates: 11.78g (4.28%), Sugar: 7.87g (8.75%), Cholesterol: 39.24mg (13.08%), Sodium: 286.94mg (12.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.27%), Vitamin C: 211.69mg (256.59%), Vitamin K: 57.78µg (55.03%), Vitamin A: 1790.99IU (35.82%), Vitamin B6: 0.69mg (34.25%), Fiber: 4.85g (19.39%), Manganese: 0.37mg (18.53%), Potassium: 590.76mg (16.88%), Vitamin B1: 0.25mg (16.42%), Vitamin E: 2.09mg (13.94%), Vitamin B3: 2.6mg (13.02%), Phosphorus: 117.87mg (11.79%), Folate: 43.29µg (10.82%), Vitamin B2: 0.18mg (10.58%), Copper: 0.2mg (9.9%), Magnesium: 35.03mg (8.76%), Iron: 1.45mg (8.06%), Zinc: 1.05mg (6.97%), Calcium: 64.13mg (6.41%), Vitamin B5: 0.62mg (6.21%), Vitamin B12: 0.25µg (4.2%), Selenium: 2.83µg (4.04%), Vitamin D: 0.29µg (1.97%)