



## Stuffed Peppers

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 tsp ground pepper
- 0.3 cup cheddar cheese shredded
- 0.5 tsp chili powder
- 0.8 cup rice cooked uncooked ()
- 0.8 tsp cumin
- 0.5 tsp garlic powder
- 8 oz ground beef
- 0.5 onion diced

- 0.3 tsp paprika
- 2 bell pepper red (or a different color bell pepper)
- 0.3 tsp salt
- 0.3 cup canned tomatoes crushed
- 2 tsp worcestershire sauce

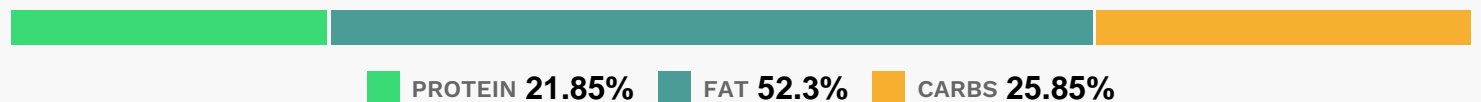
## Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil
- broiler

## Directions

- Preheat your oven to 350 degrees F. Start off by browning the ground beef in a skillet with the diced onion. Once the beef is cooked, add the spices and Worcestershire sauce. Now you could either leave the ground beef and onion in the skillet or transfer it to a bowl. Then, mix in the rice, 1/4 cup of cheese, and the crushed tomato.
- Cut off the tops of the peppers and carve out all of the veins and seeds. This will open the pepper up so you can stuff lots of filling in! Then, you guessed it, stuff the filling in!
- Sprinkle the remaining 2 tablespoons of cheese on top of the peppers.
- Place the peppers on a baking pan and cover the top with foil.
- Bake for 30 minutes. To brown the cheese on top you can either remove the foil from the top of the peppers for the last 5-10 minutes, or after the 30 minutes, remove the foil and turn the broiler on for a few minutes. Make sure to keep an eye on it though!

## Nutrition Facts



## Properties

Glycemic Index:145, Glycemic Load:20.78, Inflammation Score:-10, Nutrition Score:28.672173847323%

## Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

## Nutrients (% of daily need)

Calories: 487.73kcal (24.39%), Fat: 28.46g (43.79%), Saturated Fat: 11.6g (72.48%), Carbohydrates: 31.65g (10.55%), Net Carbohydrates: 27.33g (9.94%), Sugar: 8.31g (9.23%), Cholesterol: 94.64mg (31.55%), Sodium: 596.48mg (25.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.75g (53.5%), Vitamin C: 158.16mg (191.71%), Vitamin A: 4382.64IU (87.65%), Vitamin B6: 0.9mg (44.88%), Vitamin B12: 2.58µg (42.94%), Zinc: 6.09mg (40.62%), Selenium: 26.32µg (37.6%), Vitamin B3: 6.81mg (34.07%), Phosphorus: 332.07mg (33.21%), Manganese: 0.57mg (28.52%), Iron: 4.36mg (24.23%), Potassium: 812.63mg (23.22%), Vitamin B2: 0.39mg (22.67%), Vitamin E: 3.3mg (22.01%), Folate: 78.07µg (19.52%), Fiber: 4.32g (17.29%), Calcium: 168.55mg (16.86%), Magnesium: 59.27mg (14.82%), Vitamin B5: 1.37mg (13.73%), Vitamin B1: 0.18mg (12%), Copper: 0.23mg (11.68%), Vitamin K: 11.15µg (10.62%), Vitamin D: 0.2µg (1.32%)