



Stuffed Peppers

 Vegetarian  Gluten Free  Very Healthy

READY IN



90 min.

SERVINGS



6

CALORIES



667 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 large bell pepper diced seeded
- 5 large bell pepper diced seeded
- 3 cups brown rice long-grain
- 15 oz garbanzo beans drained and rinsed canned
- 15 oz canned tomatoes drained chopped canned
- 0.3 teaspoon pepper red crushed
- 2 cloves garlic minced
- 8 ounces mozzarella fresh diced

- 2 tablespoons olive oil
- 1 medium onion diced
- 6 servings salt and pepper
- 1 small zucchini diced

Equipment

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

Directions

- Stir rice into 6 cups of boiling water. Return to a boil. Reduce heat to low, cover and simmer for 35 minutes or until rice is tender.
- Remove from heat.
- Let stand, covered, for 5 minutes. Divide rice among 3 bowls. Cover 2 bowls; chill for Chicken Fried Rice and Rice and Bean Burritos. Toss chickpeas into remaining rice.
- Preheat oven to 350F. Bring a pot of salted water to a boil. Halve 4 bell peppers lengthwise, core and seed. Blanch in boiling water for 3 minutes.
- Remove; invert on towels to drain.
- In a skillet, warm oil over medium-high heat. Saut onion for 3 minutes.
- Add garlic, red pepper, diced bell pepper and zucchini; saut 5 minutes.
- Add tomatoes and saut 2 minutes; toss with rice mixture.
- Add half of mozzarella, if using.
- Place peppers in a baking dish. Divide filling among peppers. Cover with foil; bake until heated through, 15 to 20 minutes.
- Remove foil. Top with remaining cheese, if using; bake until cheese has melted, about 5 minutes.

Nutrition Facts

PROTEIN 13.64% FAT 23.85% CARBS 62.51%

Properties

Glycemic Index:50.01, Glycemic Load:48.86, Inflammation Score:-10, Nutrition Score:42.567825887514%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 667.07kcal (33.35%), Fat: 18.16g (27.94%), Saturated Fat: 6.49g (40.54%), Carbohydrates: 107.1g (35.7%), Net Carbohydrates: 93.1g (33.86%), Sugar: 16.27g (18.08%), Cholesterol: 29.86mg (9.95%), Sodium: 740.04mg (32.18%), Alcohol: 0g (100%), Protein: 23.37g (46.75%), Vitamin C: 361.65mg (438.36%), Manganese: 4.66mg (232.99%), Vitamin A: 9041.1IU (180.82%), Vitamin B6: 1.8mg (90.13%), Fiber: 13.99g (55.97%), Phosphorus: 549.63mg (54.96%), Magnesium: 215.27mg (53.82%), Folate: 182.57µg (45.64%), Vitamin B1: 0.65mg (43.11%), Vitamin E: 6.01mg (40.06%), Vitamin B3: 7.89mg (39.46%), Potassium: 1253.6mg (35.82%), Calcium: 299.89mg (29.99%), Zinc: 4.5mg (29.97%), Copper: 0.57mg (28.67%), Vitamin B5: 2.82mg (28.16%), Iron: 5.02mg (27.86%), Vitamin B2: 0.45mg (26.64%), Vitamin K: 21.85µg (20.81%), Vitamin B12: 0.86µg (14.36%), Selenium: 8.83µg (12.62%), Vitamin D: 0.15µg (1.01%)