



 **17%**
HEALTH SCORE

Stuffed Peppers

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

READY IN



45 min.

SERVINGS



4

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 clove garlic finely chopped
- 6 ounces ground beef
- 0.3 cup olive oil
- 1 large onion peeled finely chopped
- 1 teaspoon oregano
- 4 bell pepper green red
- 0.5 cup rice
- 4 servings salt and pepper

- 1 teaspoon thyme leaves
- 2 cups canned tomatoes crushed
- 1.5 cups water

Equipment

- knife
- plastic wrap
- baking pan
- casserole dish
- measuring cup

Directions

- In a 2 cup measuring cup combine rice and water and cover tightly with plastic wrap. Cook at 100 percent power for 4 minutes.
- Heat oil in 2 quart casserole dish uncovered for 2 minutes. Stir in onions and crumbled beef and cook uncovered for 5 minutes stirring once.
- Drain off most of fat, leaving 2 to 3 tablespoons in dish.
- Add 1 1/2 cups tomatoes, garlic, thyme and oregano and drained rice and stir to combine. Slice off tops of 4 green or red bell peppers and remove seeds. Divide stuffing among the peppers and replace tops of peppers.
- Place peppers in baking dish.
- Combine 1/2 cup crushed tomatoes, 1/4 cup white wine and 1/4 cup water and pour into bottom of dish. Cover tightly with heavy duty plastic wrap and cook for 20 minutes. Poke through wrap with knife after 10 minutes of cooking to let steam escape.
- Let stuffed peppers stand for about 5 minutes after cooking.

Nutrition Facts



PROTEIN **12.4%** FAT **50.84%** CARBS **36.76%**

Properties

Glycemic Index:54.05, Glycemic Load:14.83, Inflammation Score:-9, Nutrition Score:20.774782648553%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 5.85mg, Luteolin: 5.85mg, Luteolin: 5.85mg, Luteolin: 5.85mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.26mg, Quercetin: 10.26mg, Quercetin: 10.26mg, Quercetin: 10.26mg

Nutrients (% of daily need)

Calories: 392.23kcal (19.61%), Fat: 22.77g (35.03%), Saturated Fat: 5.31g (33.2%), Carbohydrates: 37.05g (12.35%), Net Carbohydrates: 31.49g (11.45%), Sugar: 9.83g (10.92%), Cholesterol: 30.19mg (10.06%), Sodium: 393.23mg (17.1%), Alcohol: 0g (100%), Protein: 12.49g (24.98%), Vitamin C: 110.63mg (134.1%), Manganese: 0.72mg (35.87%), Vitamin B6: 0.68mg (34.23%), Vitamin E: 4.2mg (27.97%), Vitamin K: 27.41µg (26.1%), Fiber: 5.56g (22.23%), Potassium: 771.47mg (22.04%), Vitamin B3: 4.3mg (21.49%), Copper: 0.41mg (20.7%), Iron: 3.43mg (19.04%), Zinc: 2.62mg (17.44%), Phosphorus: 169.59mg (16.96%), Selenium: 10.91µg (15.59%), Vitamin B12: 0.91µg (15.17%), Vitamin A: 733.53IU (14.67%), Vitamin B1: 0.21mg (14.2%), Magnesium: 56.09mg (14.02%), Vitamin B2: 0.19mg (10.97%), Folate: 41.01µg (10.25%), Vitamin B5: 0.96mg (9.59%), Calcium: 90.08mg (9.01%)