



Stuffed Peppers



Gluten Free



Popular

READY IN



55 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large bell pepper (any color)
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 2 tablespoons onion chopped
- ☐ 1 cup rice cooked
- ☐ 1 teaspoon salt
- ☐ 1 clove garlic finely chopped
- ☐ 15 oz tomato sauce organic canned
- ☐ 3 oz mozzarella cheese shredded

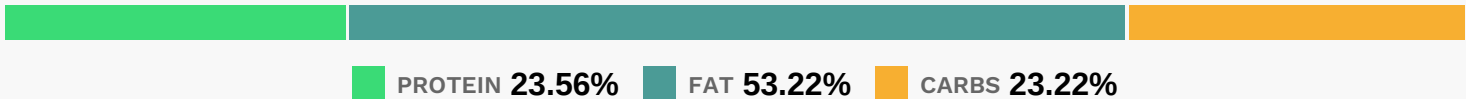
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ dutch oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F.
- ☐ Cut thin slice from stem end of each bell pepper to remove top of pepper.
- ☐ Remove seeds and membranes; rinse peppers. If necessary, cut thin slice from bottom of each pepper so they stand up straight. In 4-quart Dutch oven, add enough water to cover peppers.
- ☐ Heat to boiling; add peppers. Cook about 2 minutes; drain.
- ☐ In 10-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain. Stir in rice, salt, garlic and 1 cup of the tomato sauce; cook until hot.
- ☐ Stuff peppers with beef mixture. Stand peppers upright in ungreased 8-inch square glass baking dish.
- ☐ Pour remaining tomato sauce over peppers.
- ☐ Cover tightly with foil.
- ☐ Bake 10 minutes. Uncover and bake about 15 minutes longer or until peppers are tender.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:16.14, Inflammation Score:-10, Nutrition Score:31.119565440261%

Flavonoids

Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 474.44kcal (23.72%), Fat: 28.36g (43.63%), Saturated Fat: 11.67g (72.94%), Carbohydrates: 27.84g (9.28%), Net Carbohydrates: 22.54g (8.2%), Sugar: 11.13g (12.37%), Cholesterol: 97.31mg (32.44%), Sodium: 1301.86mg (56.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.25g (56.5%), Vitamin C: 217.97mg (264.2%), Vitamin A: 5739.06IU (114.78%), Vitamin B6: 1.01mg (50.38%), Vitamin B12: 2.91µg (48.52%), Zinc: 6.22mg (41.45%), Vitamin B3: 7.64mg (38.22%), Selenium: 24.52µg (35.03%), Phosphorus: 345.36mg (34.54%), Vitamin E: 4.64mg (30.97%), Potassium: 1008.37mg (28.81%), Vitamin B2: 0.44mg (26.11%), Manganese: 0.52mg (26.1%), Folate: 96.59µg (24.15%), Iron: 4.13mg (22.92%), Fiber: 5.3g (21.19%), Magnesium: 64.6mg (16.15%), Vitamin B5: 1.61mg (16.12%), Calcium: 160.97mg (16.1%), Vitamin K: 13.58µg (12.93%), Copper: 0.25mg (12.68%), Vitamin B1: 0.18mg (12.06%), Vitamin D: 0.2µg (1.32%)