



Stuffed Peppers

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 1 large eggs
- ☐ 0.3 cup parsley fresh minced
- ☐ 0.5 teaspoon rosemary fresh minced
- ☐ 1 teaspoon ground pepper black
- ☐ 1.5 pounds sausages sweet italian
- ☐ 4 medium size bell peppers red halved lengthwise seeded (each 4 to 6 ounces)
- ☐ 0.5 cup onion red finely chopped

- ☐ 8 servings rosemary sprigs fresh
- ☐ 0.8 teaspoon salt
- ☐ 1.5 cups coarsely zucchini grated (1 large)

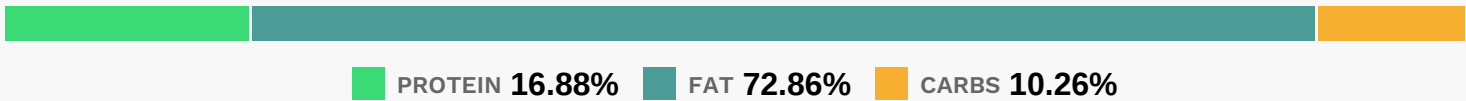
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350°F.
- ☐ Mix first 9 ingredients in large bowl until well blended. Fill pepper halves with sausage mixture, dividing equally and mounding slightly. Arrange in 13 x 9 x 2-inch baking dish. (Can be made 1 day ahead. Cover; chill.)
- ☐ Bake peppers uncovered until tops are browned and thermometer inserted into filling registers 165°F, about 1 hour.
- ☐ Transfer peppers to platter.
- ☐ Garnish with rosemary sprigs and serve.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:1.24, Inflammation Score:-9, Nutrition Score:19.713043650855%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 342.8kcal (17.14%), Fat: 27.77g (42.72%), Saturated Fat: 9.92g (61.97%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 6.71g (2.44%), Sugar: 3.76g (4.18%), Cholesterol: 87.89mg (29.3%), Sodium: 879.65mg (38.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.47g (28.94%), Vitamin C: 86.31mg (104.61%), Vitamin A: 2184.79IU (43.7%), Vitamin K: 45.61µg (43.43%), Vitamin B1: 0.57mg (37.88%), Selenium: 24.03µg (34.33%), Vitamin B6: 0.5mg (24.96%), Vitamin B3: 3.74mg (18.68%), Phosphorus: 168.43mg (16.84%), Vitamin B2: 0.26mg (15.56%), Vitamin B12: 0.84µg (14.02%), Folate: 53.14µg (13.29%), Potassium: 455.18mg (13.01%), Zinc: 1.93mg (12.88%), Manganese: 0.25mg (12.44%), Iron: 1.89mg (10.48%), Fiber: 2.09g (8.37%), Vitamin B5: 0.82mg (8.18%), Magnesium: 29.03mg (7.26%), Vitamin E: 1.06mg (7.06%), Copper: 0.12mg (5.89%), Calcium: 43.05mg (4.31%)