



HEALTH SCORE

82%

Stuffed Peppers



Vegetarian



Gluten Free



Very Healthy

READY IN



90 min.

SERVINGS



6

CALORIES



632 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 large bell peppers diced seeded
- ☐ 3 cups brown rice long-grain
- ☐ 15 oz chickpeas drained and rinsed canned
- ☐ 15 oz canned tomatoes drained chopped canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 cloves garlic minced
- ☐ 8 ounces mozzarella cheese 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 13.69%**  **FAT 24.83%**  **CARBS 61.48%**

Properties

Glycemic Index:44.68, Glycemic Load:47.14, Inflammation Score:-10, Nutrition Score:37.388695706492%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 631.53kcal (31.58%), Fat: 17.75g (27.31%), Saturated Fat: 6.41g (40.03%), Carbohydrates: 98.85g (32.95%), Net Carbohydrates: 87.73g (31.9%), Sugar: 10.53g (11.7%), Cholesterol: 29.86mg (9.95%), Sodium: 734.58mg (31.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.02g (44.04%), Vitamin C: 186.71mg (226.32%), Manganese: 4.51mg (225.34%), Vitamin A: 4762.07IU (95.24%), Vitamin B6: 1.4mg (70.25%), Phosphorus: 514.09mg (51.41%), Magnesium: 198.87mg (49.72%), Fiber: 11.12g (44.49%), Vitamin B1: 0.57mg (38.19%), Vitamin B3: 6.55mg (32.77%), Folate: 119.7µg (29.93%), Calcium: 290.32mg (29.03%), Zinc: 4.15mg (27.7%), Potassium: 965.23mg (27.58%), Copper: 0.55mg (27.51%), Vitamin E: 3.85mg (25.66%), Iron: 4.43mg (24.6%), Vitamin B5: 2.38mg (23.83%), Vitamin B2: 0.34mg (19.81%), Vitamin K: 15.16µg (14.43%), Vitamin B12: 0.86µg (14.36%), Selenium: 8.7µg (12.42%), Vitamin D: 0.15µg (1.01%)