



Stuffed Peppers My Way

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



2

CALORIES



383 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup arborio rice uncooked
- ☐ 1 teaspoon basil dried
- ☐ 0.5 cup feta cheese crumbled
- ☐ 2 bell peppers green halved seeded
- ☐ 2 green onions thinly sliced
- ☐ 1 pinch ground pepper black
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 1 tablespoon olive oil

- ☐ 1 teaspoon salt
- ☐ 1 tomatoes diced
- ☐ 1 cup water

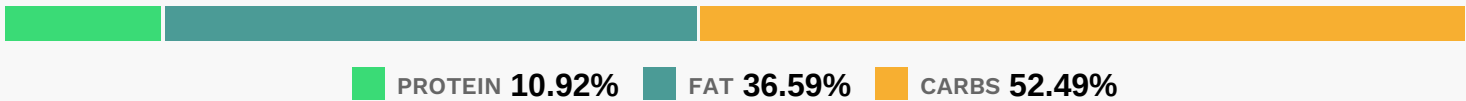
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease a baking sheet.
- ☐ In a medium saucepan, bring water to a boil. Stir in the rice. Reduce heat, cover, and simmer for 20 minutes.
- ☐ Remove from heat, and set aside.
- ☐ Place the peppers cut-side down on the prepared baking sheet. Roast 25 to 30 minutes in the preheated oven, or until tender and skin starts to brown.
- ☐ While the peppers are roasting, heat oil in a medium skillet over medium-high heat. Cook the onions, basil, Italian seasoning, salt, and pepper in oil for 2 to 3 minutes. Stir in the tomato, and cook for 5 minutes. Spoon in the cooked rice, and stir until heated through.
- ☐ Remove from heat, mix in the feta cheese, and spoon the mixture into the pepper halves.
- ☐ Return to the oven for 5 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:113, Glycemic Load:32.88, Inflammation Score:-9, Nutrition Score:24.469565391541%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 382.91kcal (19.15%), Fat: 15.74g (24.21%), Saturated Fat: 6.14g (38.38%), Carbohydrates: 50.78g (16.93%), Net Carbohydrates: 45.69g (16.61%), Sugar: 4.8g (5.34%), Cholesterol: 33.38mg (11.13%), Sodium: 1606mg (69.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.57g (21.14%), Vitamin C: 106.38mg (128.95%), Vitamin K: 58.26µg (55.49%), Manganese: 0.87mg (43.59%), Folate: 160.23µg (40.06%), Vitamin B1: 0.44mg (29.31%), Vitamin B6: 0.58mg (29.24%), Vitamin A: 1251.49IU (25.03%), Calcium: 244.8mg (24.48%), Vitamin B2: 0.41mg (23.91%), Iron: 3.98mg (22.1%), Phosphorus: 219.8mg (21.98%), Fiber: 5.1g (20.4%), Selenium: 13.31µg (19.02%), Vitamin B3: 3.5mg (17.5%), Vitamin E: 2.15mg (14.34%), Copper: 0.28mg (13.96%), Potassium: 475.1mg (13.57%), Zinc: 2.01mg (13.43%), Vitamin B5: 1.2mg (12.02%), Magnesium: 47.24mg (11.81%), Vitamin B12: 0.63µg (10.56%)