



Stuffed Peppers---Peperoni Ripieni

 Vegetarian

READY IN

ready

50 min.

SERVINGS

servings

4

CALORIES

calories

588 kcal

SIDE DISH

Ingredients

- ☐ 2 cups bread crumbs fresh toasted for 2 minutes
- ☐ 0.5 cup capers rinsed
- ☐ 4 cloves garlic minced crushed
- ☐ 0.5 cup golden raisins
- ☐ 2.5 tablespoons olive oil extra-virgin
- ☐ 4 ounces gaeta olives pitted coarsely chopped
- ☐ 1 cup pecorino grated
- ☐ 1 cup red wine

- ☐ 4 servings salt and pepper to taste
- ☐ 2 tablespoons sherry vinegar
- ☐ 4 large bell peppers red yellow peeled seeded

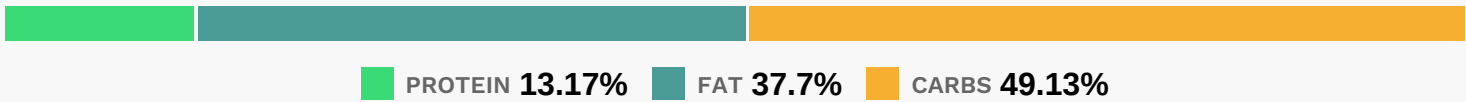
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ In a large bowl, combine the raisins, bread crumbs, capers, olives, garlic, pecorino, oil, salt and pepper and mix well with hands to form a smooth mixture. Divide the mixture into 4 equal portions and stuff each pepper with 1/4 of the mixture, taking care not to tear the sides of the peppers.
- ☐ In a shallow casserole, arrange the peppers and add the wine and the vinegar. Cook in the oven for 30 minutes, until just starting to darken, basting occasionally.
- ☐ Serve immediately, or cool and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:10.58, Inflammation Score:-10, Nutrition Score:31.852173952953%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg

Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 29.32mg, Kaempferol: 29.32mg, Kaempferol: 29.32mg, Kaempferol: 29.32mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 39.23mg, Quercetin: 39.23mg, Quercetin: 39.23mg, Quercetin: 39.23mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 587.81kcal (29.39%), Fat: 23.46g (36.1%), Saturated Fat: 6.89g (43.06%), Carbohydrates: 68.82g (22.94%), Net Carbohydrates: 60.52g (22.01%), Sugar: 21.79g (24.21%), Cholesterol: 26mg (8.67%), Sodium: 1949.46mg (84.76%), Alcohol: 6.36g (100%), Alcohol %: 2.06% (100%), Protein: 18.44g (36.88%), Vitamin C: 212.41mg (257.47%), Vitamin A: 5381.66IU (107.63%), Manganese: 0.89mg (44.56%), Vitamin B1: 0.64mg (42.69%), Calcium: 420.29mg (42.03%), Phosphorus: 364.9mg (36.49%), Folate: 142.09µg (35.52%), Vitamin B6: 0.71mg (35.38%), Vitamin E: 5.25mg (34.99%), Fiber: 8.3g (33.19%), Vitamin B2: 0.54mg (31.67%), Vitamin B3: 5.78mg (28.9%), Selenium: 18.59µg (26.55%), Iron: 4.75mg (26.37%), Vitamin K: 24.12µg (22.97%), Potassium: 720.53mg (20.59%), Magnesium: 78.09mg (19.52%), Copper: 0.37mg (18.56%), Zinc: 2.1mg (13.99%), Vitamin B5: 1mg (9.98%), Vitamin B12: 0.47µg (7.82%)