



Stuffed Peppers with Broken Meatballs and Rice

READY IN



95 min.

SERVINGS



6

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large bell peppers (any color)
- ☐ 3 tablespoons butter
- ☐ 2 cups chicken stock see
- ☐ 1 tablespoon evoo plus more for drizzling
- ☐ 2 tablespoons thyme leaves fresh finely chopped
- ☐ 4 cloves garlic
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 20 meatballs crumbled

- ☐ 1 mild onion red yellow
- ☐ 0.5 cup orzo pasta
- ☐ 1.5 cups parmigiano-reggiano grated shaved
- ☐ 1 chile pepper fresh red
- ☐ 6 small vine-ripened tomatoes
- ☐ 1 cup rice long-grain white

Equipment

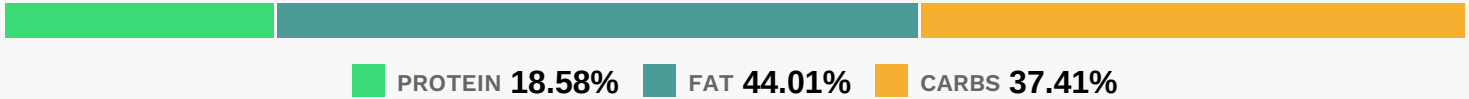
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ casserole dish
- ☐ box grater

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Halve the bell peppers lengthwise and remove the seeds. Season with salt and pepper and drizzle with EVOO.
- ☐ Place the peppers cut-side down in a large casserole dish.
- ☐ Cut an X in the hull of each pepper and roast for 20 minutes.
- ☐ Let cool slightly.
- ☐ Meanwhile, in a mixing bowl, grate the tomatoes on the large holes of a box grater, discarding the skins. (You should have about 2 cups.) Grate the garlic, chile pepper and onion into the bowl and season with salt and pepper.
- ☐ Add a drizzle of EVOO and the thyme.
- ☐ Heat the butter and 1 tablespoon EVOO in a medium saucepan over medium heat.
- ☐ Add the orzo and toast until golden and fragrant.
- ☐ Add half the tomato sauce and the rice and stir for 1 to 2 minutes.
- ☐ Add the stock and bring to boil. Reduce the heat to a simmer, cover and cook until the rice is tender, 17 to 18 minutes.

- ☐ Combine the rice mixture, meatballs and 3/4 cup Parmigiano-Reggiano. Spoon the filling into the peppers and top with the remaining tomato sauce, the remaining cheese and a drizzle of EVOO.
- ☐ Bake until heated through and the tops are browned, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:66.2, Glycemic Load:21.74, Inflammation Score:-10, Nutrition Score:28.34347849566%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 534.52kcal (26.73%), Fat: 26.26g (40.4%), Saturated Fat: 12.15g (75.92%), Carbohydrates: 50.23g (16.74%), Net Carbohydrates: 45.59g (16.58%), Sugar: 9.26g (10.28%), Cholesterol: 68.05mg (22.68%), Sodium: 791.6mg (34.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.95g (49.89%), Vitamin C: 165.42mg (200.51%), Vitamin A: 4498.34IU (89.97%), Selenium: 32.01µg (45.73%), Phosphorus: 394.91mg (39.49%), Vitamin B6: 0.78mg (38.97%), Manganese: 0.76mg (38.23%), Calcium: 350.2mg (35.02%), Vitamin B1: 0.51mg (34.23%), Vitamin B3: 5.67mg (28.37%), Vitamin B2: 0.41mg (24.41%), Potassium: 756.79mg (21.62%), Folate: 78.92µg (19.73%), Zinc: 2.84mg (18.93%), Fiber: 4.63g (18.53%), Vitamin E: 2.74mg (18.3%), Magnesium: 65.28mg (16.32%), Copper: 0.27mg (13.36%), Iron: 2.4mg (13.35%), Vitamin K: 13.94µg (13.27%), Vitamin B5: 1.26mg (12.6%), Vitamin B12: 0.64µg (10.64%)