



## Stuffed Peppers with Creole Sauce

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaf
- 8 ounce tomato sauce canned
- 15 ounce canned tomatoes crushed canned
- 0.3 cup celery finely chopped
- 1 teaspoon chili powder
- 1.5 cups rice white cold cooked
- 2 cloves garlic minced
- 0.5 cup bell pepper green finely chopped

- 4 large bell peppers green seeded
- 1 pound ground beef
- 0.1 teaspoon ground cloves
- 0.3 teaspoon ground pepper black
- 1 tablespoon olive oil
- 0.3 cup onion minced
- 0.3 cup parmesan cheese grated
- 1 teaspoon salt
- 4 servings salt and pepper to taste
- 1 teaspoon sugar white

## Equipment

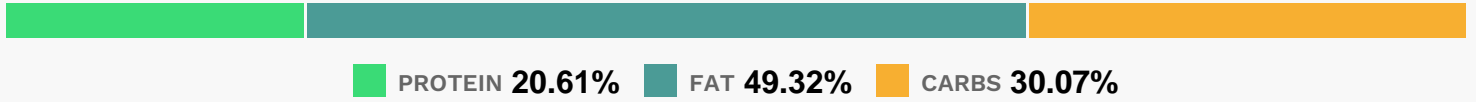
- frying pan
- sauce pan
- oven
- baking pan
- microwave

## Directions

- Heat olive oil in a saucepan over medium heat. Stir in 1/2 cup onion and garlic, and cook until the onion softens and turns translucent, about 5 minutes. Stir in the chopped bell pepper, tomato sauce, crushed tomatoes, then season with salt, chili powder, sugar, black pepper, glove, and a bay leaf. Bring to a simmer, then reduce heat to medium-low, cover, and simmer 20 minutes, stirring occasionally.
- While the sauce is simmering, microwave the peppers until tender, about 45 seconds. Preheat a skillet over medium-high heat, and add ground beef. Cook and stir until browned and crumbly, then stir in 1/4 cup onion, and celery.
- Drain off grease. Cook another 5 minutes, then fold in the rice and Parmesan cheese. Season to taste with salt and pepper.
- Preheat oven to 375 degrees F (190 degrees C).

- To assemble, stir about 1/2 cup of the Creole sauce into the beef mixture to moisten it. Stuff the peppers with the beef mixture, and place onto a 9x9 inch baking pan.
- Pour the remaining Creole sauce over the peppers.
- Bake peppers, uncovered, until hot and beginning to brown, about 25 minutes.

## Nutrition Facts



### Properties

Glycemic Index:100.77, Glycemic Load:22.72, Inflammation Score:-9, Nutrition Score:30.055217408616%

### Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 8.7mg, Luteolin: 8.7mg, Luteolin: 8.7mg, Luteolin: 8.7mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

### Nutrients (% of daily need)

Calories: 519.7kcal (25.98%), Fat: 28.99g (44.61%), Saturated Fat: 10.4g (64.98%), Carbohydrates: 39.76g (13.25%), Net Carbohydrates: 32.98g (11.99%), Sugar: 12.7g (14.11%), Cholesterol: 85.95mg (28.65%), Sodium: 1391.54mg (60.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.26g (54.52%), Vitamin C: 162.06mg (196.44%), Vitamin B6: 1.1mg (54.94%), Manganese: 0.89mg (44.35%), Vitamin B12: 2.51µg (41.85%), Zinc: 6.02mg (40.15%), Vitamin B3: 7.88mg (39.41%), Selenium: 25.04µg (35.77%), Potassium: 1192.79mg (34.08%), Phosphorus: 339.13mg (33.91%), Iron: 5.1mg (28.34%), Vitamin A: 1392.56IU (27.85%), Vitamin E: 4.07mg (27.13%), Fiber: 6.78g (27.13%), Vitamin K: 28.34µg (26.99%), Copper: 0.51mg (25.59%), Vitamin B2: 0.35mg (20.87%), Magnesium: 80.08mg (20.02%), Vitamin B1: 0.27mg (18.04%), Calcium: 155.65mg (15.56%), Vitamin B5: 1.52mg (15.21%), Folate: 52.47µg (13.12%)