



Stuffed Peppers with New Potatoes, Feta & Pesto



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



253 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 200 g feta cheese
- ☐ 1 tbsp olive oil
- ☐ 4 tbsp pesto
- ☐ 4 pasilla peppers red
- ☐ 4 servings grinding of salt & pepper black good freshly ground

Equipment

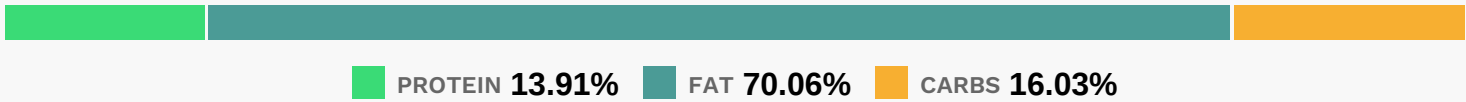
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 200c/fan 180c/gas mark
- ☐ Bring a pan of salted water to te boil, add the new potatoes and boil for 8–12 minutes, until just tender.
- ☐ Drain and cool slightly.
- ☐ Halve the peppers lengthways and remove the seeds and pith.
- ☐ Brush the outsides with olive oil, then place on a baking tray lined with baking parchment.
- ☐ Halve or quarter the new potatoes and place in a bowl.
- ☐ Cut the feta into 1cm cubes and add to the potatoes. Toss both with the pesto until well combined.
- ☐ Spoon the filling into the halved peppers and bake for 40–45 minutes until browned on top.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:2.03, Inflammation Score:-10, Nutrition Score:19.075652412746%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 252.68kcal (12.63%), Fat: 20.16g (31.02%), Saturated Fat: 8.16g (51.03%), Carbohydrates: 10.38g (3.46%), Net Carbohydrates: 7.62g (2.77%), Sugar: 5.48g (6.09%), Cholesterol: 45.7mg (15.23%), Sodium: 715.1mg (31.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.01g (18.02%), Vitamin C: 152.32mg (184.63%), Vitamin A: 4239.84IU (84.8%), Vitamin B2: 0.52mg (30.78%), Calcium: 279.46mg (27.95%), Vitamin B6: 0.56mg (27.93%), Phosphorus: 199.6mg (19.96%), Folate: 70.76µg (17.69%), Vitamin E: 2.48mg (16.5%), Vitamin B12: 0.85µg (14.08%), Zinc: 1.74mg (11.59%), Fiber: 2.76g (11.06%), Selenium: 7.62µg (10.89%), Vitamin B1: 0.14mg (9.42%), Vitamin B5:

0.86mg (8.62%), Vitamin K: 9µg (8.57%), Vitamin B3: 1.66mg (8.31%), Potassium: 283.45mg (8.1%), Manganese: 0.16mg (8%), Magnesium: 23.95mg (5.99%), Iron: 0.95mg (5.29%), Copper: 0.04mg (1.88%), Vitamin D: 0.2µg (1.33%)