



Stuffed Peppers with Turkey and Vegetables



Gluten Free



Dairy Free



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 4 servings garlic powder to taste
- ☐ 4 bell peppers green seeded
- ☐ 1 pound pd of ground turkey
- ☐ 4 servings penzey's southwest seasoning italian to taste
- ☐ 1 cup mushrooms sliced
- ☐ 2 tablespoons olive oil
- ☐ 0.5 onion chopped

- ☐ 0.5 bell pepper red chopped
- ☐ 4 servings salt and pepper to taste
- ☐ 1 cup pkt spinach fresh
- ☐ 1 tablespoon tomato paste
- ☐ 0.5 bell pepper yellow chopped
- ☐ 1 zucchini chopped

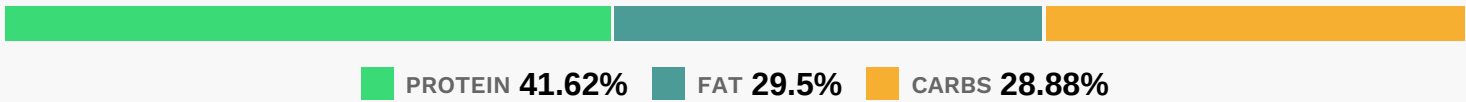
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Wrap the green bell peppers in aluminum foil, and place in a baking dish.
- ☐ Bake 15 minutes in the preheated oven.
- ☐ Remove from heat.
- ☐ In a skillet over medium heat, cook the turkey until evenly brown. Set aside.
- ☐ Heat oil in the skillet, and cook onion, mushrooms, zucchini, red bell pepper, yellow bell pepper, and spinach until tender. Return turkey to the skillet.
- ☐ Mix in the tomatoes and tomato paste, and season with Italian seasoning, garlic powder, salt, and pepper. Stuff the green peppers with the skillet mixture.
- ☐ Return peppers to the oven, and continue cooking 15 minutes.

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:3.66, Inflammation Score:-9, Nutrition Score:32.764347646547%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.91mg, Luteolin: 5.91mg, Luteolin: 5.91mg, Luteolin: 5.91mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg

Nutrients (% of daily need)

Calories: 290.15kcal (14.51%), Fat: 10.14g (15.6%), Saturated Fat: 1.73g (10.83%), Carbohydrates: 22.34g (7.45%), Net Carbohydrates: 15.93g (5.79%), Sugar: 10.92g (12.13%), Cholesterol: 62.37mg (20.79%), Sodium: 437.12mg (19.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.19g (64.38%), Vitamin C: 164.8mg (199.76%), Vitamin B6: 1.67mg (83.27%), Vitamin B3: 14.46mg (72.32%), Vitamin K: 64.27µg (61.21%), Selenium: 29.19µg (41.69%), Vitamin A: 2064.65IU (41.29%), Phosphorus: 385.68mg (38.57%), Potassium: 1262mg (36.06%), Manganese: 0.65mg (32.45%), Fiber: 6.41g (25.64%), Copper: 0.51mg (25.26%), Vitamin E: 3.64mg (24.25%), Magnesium: 93.88mg (23.47%), Vitamin B2: 0.4mg (23.43%), Iron: 3.98mg (22.09%), Folate: 82.3µg (20.58%), Vitamin B5: 1.99mg (19.92%), Vitamin B1: 0.3mg (19.89%), Zinc: 2.98mg (19.85%), Vitamin B12: 0.59µg (9.8%), Calcium: 92.04mg (9.2%), Vitamin D: 0.5µg (3.34%)