



Stuffed Piquillo Peppers

 **Gluten Free**

READY IN



45 min.

SERVINGS



5

CALORIES



138 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup brown rice long-grain
- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic clove minced
- ☐ 1 ounce manchego cheese shredded
- ☐ 10 piquillo peppers (1 [7.76-ounce] jar)
- ☐ 0.1 teaspoon saffron threads crushed

- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups water

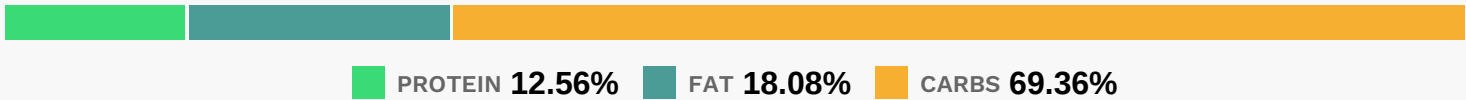
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine first 4 ingredients in a small saucepan; bring to a boil. Cover, reduce heat, and simmer 40 minutes or until done. Stir in chopped parsley, black pepper, salt, and tomatoes. Cook 3 minutes.
- ☐ Remove from heat.
- ☐ Preheat oven to 40
- ☐ Spoon about 3 tablespoons rice mixture into each piquillo pepper.
- ☐ Place stuffed peppers in an 8-inch square baking dish coated with cooking spray.
- ☐ Sprinkle evenly with Manchego cheese.
- ☐ Bake at 400 for 10 minutes or until peppers are thoroughly heated.
- ☐ Garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:52.15, Glycemic Load:9.97, Inflammation Score:-7, Nutrition Score:12.502173931702%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 137.79kcal (6.89%), Fat: 2.8g (4.31%), Saturated Fat: 1.56g (9.75%), Carbohydrates: 24.18g (8.06%), Net Carbohydrates: 21.8g (7.93%), Sugar: 4.66g (5.17%), Cholesterol: 6.07mg (2.02%), Sodium: 375.45mg (16.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.75%), Vitamin K: 53.91µg (51.34%), Manganese: 0.91mg (45.65%), Vitamin C: 35.93mg (43.55%), Vitamin A: 861.88IU (17.24%), Iron: 2.36mg (13.1%), Vitamin B6: 0.24mg (11.91%), Magnesium: 46.47mg (11.62%), Copper: 0.23mg (11.26%), Calcium: 104.29mg (10.43%), Vitamin B1: 0.15mg (9.69%), Fiber: 2.38g (9.53%), Vitamin B3: 1.87mg (9.37%), Potassium: 315.96mg (9.03%), Phosphorus: 80.37mg (8.04%), Vitamin E: 1.05mg (7.02%), Vitamin B5: 0.53mg (5.34%), Folate: 19.12µg (4.78%), Zinc: 0.66mg (4.41%), Vitamin B2: 0.06mg (3.27%)