



Stuffed Red Bell Peppers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



269 kcal

SIDE DISH

Ingredients

- ☐ 2.5 cups tomato sauce canned
- ☐ 0.7 cup rice white cooled cooked
- ☐ 1 large eggs
- ☐ 6 tablespoons parsley fresh chopped
- ☐ 3 garlic cloves chopped
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground pepper black
- ☐ 1 tablespoon hungarian paprika sweet

- ☐ 1.3 pounds ground beef lean
- ☐ 2 tablespoons olive oil
- ☐ 2 cups onions chopped
- ☐ 8 ounce bell peppers red
- ☐ 1.3 teaspoons salt

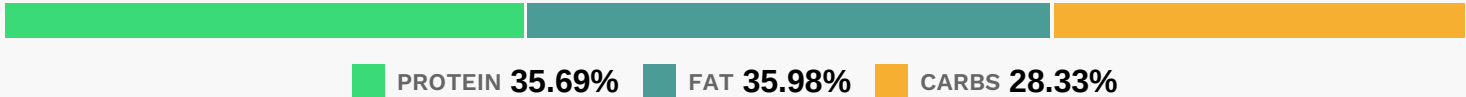
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Cut off top 1/2 inch of peppers and reserve. Scoop seeds from cavities. Discard stems and chop pepper tops.
- ☐ Heat oil in heavy large skillet over medium-high heat.
- ☐ Add onions, parsley, garlic, and chopped pepper pieces. Sauté until onions soften, about 8 minutes.
- ☐ Transfer to large bowl.
- ☐ Mix in rice, paprika, salt, pepper, and allspice. Cool 10 minutes.
- ☐ Mix in 1/2 cup tomato sauce, then beef and egg.
- ☐ Fill pepper cavities with beef mixture. Stand filled peppers in single layer in heavy large pot.
- ☐ Pour remaining 2 cups tomato sauce around peppers. Bring sauce to boil over medium-high heat. Reduce heat to medium-low, cover pot and simmer 20 minutes. Spoon some sauce over each pepper. Cover; cook until peppers are tender and filling is cooked through and firm, about 20 minutes. (Can be made 1 day ahead. Cool, cover and chill. Rewarm covered over low heat.)

Nutrition Facts



Properties

Glycemic Index:56.17, Glycemic Load:8.9, Inflammation Score:-9, Nutrition Score:26.133478382359%

Flavonoids

Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg

Nutrients (% of daily need)

Calories: 269.14kcal (13.46%), Fat: 10.91g (16.79%), Saturated Fat: 3.17g (19.81%), Carbohydrates: 19.34g (6.45%), Net Carbohydrates: 15.36g (5.59%), Sugar: 7.69g (8.55%), Cholesterol: 89.59mg (29.86%), Sodium: 1049.89mg (45.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.36g (48.72%), Vitamin C: 65.31mg (79.16%), Vitamin K: 75.15µg (71.57%), Vitamin A: 2585.58IU (51.71%), Zinc: 5.53mg (36.87%), Vitamin B12: 2.19µg (36.52%), Vitamin B6: 0.72mg (36.16%), Vitamin B3: 6.9mg (34.49%), Selenium: 21.55µg (30.78%), Phosphorus: 272.91mg (27.29%), Potassium: 865.64mg (24.73%), Iron: 4.27mg (23.74%), Vitamin E: 3.48mg (23.22%), Manganese: 0.41mg (20.56%), Vitamin B2: 0.33mg (19.17%), Fiber: 3.97g (15.9%), Vitamin B5: 1.36mg (13.63%), Magnesium: 54.22mg (13.56%), Folate: 52.66µg (13.17%), Copper: 0.26mg (12.98%), Vitamin B1: 0.13mg (8.38%), Calcium: 57.41mg (5.74%), Vitamin D: 0.26µg (1.74%)