



Stuffed Red Peppers

 **Gluten Free**

READY IN

ready

105 min.

SERVINGS

servings

8

CALORIES

calories

344 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons beef bouillon granules
- ☐ 0.3 cup pepper black
- ☐ 0.5 cup cheese and salsa jarred
- ☐ 1 cup rice cooked
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup garlic powder
- ☐ 0.5 cup green onion tops chopped
- ☐ 0.8 pound ground beef

- ☐ 0.5 pound ground pork
- ☐ 1 medium onion chopped
- ☐ 4 large bell peppers red
- ☐ 1 cup salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 tablespoon soya sauce
- ☐ 1 cup tomatoes diced
- ☐ 1 cup water hot

Equipment

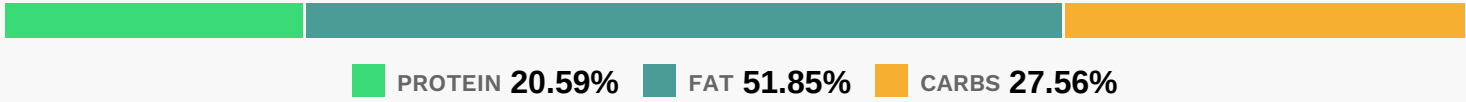
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Start by cutting the peppers in half lengthwise, leaving the stems intact, and halving them also.
- ☐ Remove the seeds and ribs inside the peppers.
- ☐ Using a hot skillet, saute the ground beef, pork, onion, garlic, 1 teaspoon of bouillon granules, and House Seasoning together.
- ☐ Saute until onions become translucent.
- ☐ Drain the fat off.
- ☐ Add the rice, cheese, sour cream, tomatoes, green onion tops, and soy sauce.
- ☐ Mix well and stuff the mixture into the peppers. In a small bowl, mix the hot water and the remaining bouillon granules.
- ☐ Pour this mixture into a shallow casserole large enough to hold all of the peppers.
- ☐ Place the stuffed peppers in the dish, cover with foil and bake for 25 to 35 minutes.

- ☐
- Remove the foil and spoon the juice from bottom of the casserole over the top of the peppers.
- ☐
- Bake for an additional 10 to 15 minutes.
- ☐
- Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:43.38, Glycemic Load:8.86, Inflammation Score:-10, Nutrition Score:25.40956506781%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 344.04kcal (17.2%), Fat: 20.39g (31.37%), Saturated Fat: 8.51g (53.19%), Carbohydrates: 24.37g (8.12%), Net Carbohydrates: 19.38g (7.05%), Sugar: 5.53g (6.15%), Cholesterol: 66.17mg (22.06%), Sodium: 14500.85mg (630.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.22g (36.44%), Vitamin C: 110.35mg (133.76%), Manganese: 1.32mg (66.04%), Vitamin A: 2987.97IU (59.76%), Vitamin B6: 0.71mg (35.38%), Vitamin K: 31.78µg (30.26%), Selenium: 19.98µg (28.54%), Phosphorus: 248.14mg (24.81%), Zinc: 3.46mg (23.05%), Vitamin B1: 0.34mg (22.64%), Vitamin B3: 4.34mg (21.7%), Vitamin B12: 1.22µg (20.31%), Fiber: 4.99g (19.96%), Potassium: 680.16mg (19.43%), Vitamin B2: 0.3mg (17.56%), Iron: 2.99mg (16.63%), Folate: 59.78µg (14.94%), Calcium: 143.66mg (14.37%), Magnesium: 53.18mg (13.29%), Copper: 0.25mg (12.57%), Vitamin E: 1.85mg (12.33%), Vitamin B5: 1.03mg (10.28%)