



Stuffed Red Peppers

 Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



544 kcal

SIDE DISH

Ingredients

- ☐ 2 cups brown rice
- ☐ 16 ounce canned tomatoes diced canned
- ☐ 3 cloves garlic chopped
- ☐ 1 pound ground beef
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 0.3 cup mushrooms chopped to taste
- ☐ 1 onion diced

- ☐ 0.3 cup parmesan cheese grated to taste
- ☐ 6 bell peppers red seeds removed
- ☐ 6 ounce tomato paste canned
- ☐ 26 ounce tomato sauce
- ☐ 4 cups water

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Bring brown rice and water to a boil in a saucepan. Reduce heat to medium-low, place a cover on the saucepan, and simmer until the rice is tender, about 40 minutes; transfer to a large mixing bowl.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Heat a large skillet over medium-high heat. Break ground beef into small pieces and place in the skillet.
- ☐ Add onion, mushrooms, and garlic; cook and stir until the beef is completely browned, 7 to 10 minutes.
- ☐ Mix beef mixture into brown rice.
- ☐ Stir tomato sauce, diced tomatoes, tomato paste, and Italian seasoning into the rice mixture and season filling with salt and black pepper.
- ☐ Arrange bell peppers in a baking dish. Spoon filling into bell peppers.
- ☐ Bake in preheated oven until the peppers are tender, about 1 hour.
- ☐ Sprinkle Parmesan cheese over the stuffed peppers to serve.

Nutrition Facts



 **PROTEIN 17.07%**  **FAT 30.78%**  **CARBS 52.15%**

Properties

Glycemic Index:56.29, Glycemic Load:33.37, Inflammation Score:-10, Nutrition Score:38.504782767399%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 544.1kcal (27.2%), Fat: 19.06g (29.32%), Saturated Fat: 6.97g (43.54%), Carbohydrates: 72.67g (24.22%), Net Carbohydrates: 63.65g (23.14%), Sugar: 14.83g (16.48%), Cholesterol: 57.3mg (19.1%), Sodium: 859.55mg (37.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.78g (47.56%), Vitamin C: 172.4mg (208.97%), Manganese: 2.92mg (145.83%), Vitamin A: 4524.07IU (90.48%), Vitamin B6: 1.24mg (62.05%), Vitamin B3: 9.77mg (48.86%), Phosphorus: 422.14mg (42.21%), Magnesium: 163.59mg (40.9%), Potassium: 1353.06mg (38.66%), Zinc: 5.56mg (37.09%), Fiber: 9.02g (36.08%), Vitamin E: 5.35mg (35.65%), Iron: 5.88mg (32.69%), Vitamin B1: 0.48mg (32.15%), Copper: 0.63mg (31.4%), Vitamin B12: 1.68µg (27.93%), Folate: 102.53µg (25.63%), Vitamin B5: 2.48mg (24.8%), Vitamin B2: 0.41mg (24.3%), Selenium: 14.97µg (21.39%), Vitamin K: 18.55µg (17.66%), Calcium: 149.76mg (14.98%)