



## Stuffed Roasted Red Peppers

 Vegetarian  Very Healthy

READY IN



43 min.

SERVINGS



6

CALORIES



165 kcal

SIDE DISH

### Ingredients

- 2 cups couscous uncooked cooked
- 0.5 cup feta cheese crumbled
- 4 garlic cloves minced
- 1 tablespoon juice of lemon fresh
- 1 tablespoon olive oil
- 6 large bell peppers red
- 1 teaspoon salt
- 6 ounces pkt spinach fresh

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- pot
- plastic wrap
- aluminum foil
- broiler
- stove
- spatula
- tongs

## Directions

- Roast the bell peppers on a gas stove's open flame, turning them with tongs, until the skins are blackened, for about 2–3 minutes; or roast them on a rack under the broiler 2 inches from the heat, turning them every 5 minutes, for about 15 minutes.
- Transfer peppers to a bowl, cover with plastic wrap, and let them cool. When cool enough to handle, peel peppers starting at the stem end, carefully cut off the tops with a paring knife, and rinse out any seeds. Set aside.
- Lightly coat a saut pan with olive oil; place over medium heat. Saut garlic until it begins to turn golden, about 1 minute.
- Add spinach; cook over medium heat until it wilts, about 2 minutes.
- Remove pan from heat. Stir in lemon juice and salt; place spinach in a bowl. Preheat oven to 35
- In a small pot, cook couscous according to package directions (about 5 minutes). Using a spatula, add the couscous and the feta cheese to the wilted spinach, and mix well.
- Line a baking sheet with aluminum foil. Generously stuff all the peppers with couscous-spinach stuffing, and place on a baking sheet.

Bake on the center rack for about 8 minutes.

Serve immediately.

## Nutrition Facts

**PROTEIN 14.52%** **FAT 29.54%** **CARBS 55.94%**

### Properties

Glycemic Index:31, Glycemic Load:9.93, Inflammation Score:-10, Nutrition Score:25.581304326006%

### Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

### Nutrients (% of daily need)

Calories: 165.06kcal (8.25%), Fat: 5.72g (8.8%), Saturated Fat: 2.12g (13.23%), Carbohydrates: 24.39g (8.13%), Net Carbohydrates: 19.54g (7.11%), Sugar: 7.14g (7.94%), Cholesterol: 11.13mg (3.71%), Sodium: 562.06mg (24.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.66%), Vitamin C: 219.48mg (266.03%), Vitamin A: 7846.25IU (156.93%), Vitamin K: 146.68µg (139.7%), Folate: 142.85µg (35.71%), Vitamin B6: 0.64mg (31.91%), Manganese: 0.52mg (26.01%), Selenium: 17µg (24.29%), Vitamin E: 3.6mg (23.99%), Fiber: 4.85g (19.4%), Vitamin B2: 0.32mg (18.54%), Potassium: 553.03mg (15.8%), Vitamin B3: 2.47mg (12.33%), Magnesium: 49.3mg (12.32%), Phosphorus: 113.43mg (11.34%), Vitamin B1: 0.17mg (11.17%), Calcium: 109.39mg (10.94%), Iron: 1.81mg (10.03%), Vitamin B5: 0.87mg (8.69%), Zinc: 1.08mg (7.21%), Copper: 0.1mg (4.84%), Vitamin B12: 0.21µg (3.52%)