



## Stuffed sweet peppers



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



254 kcal

SIDE DISH

### Ingredients

- ☐ 4 pasilla peppers halved deseeded
- ☐ 1 tbsp olive oil extra virgin extra-virgin
- ☐ 250 g mozzarella cheese sliced
- ☐ 2 tbsp olives black chopped
- ☐ 1 tbsp oregano chopped
- ☐ 2 garlic clove crushed

### Equipment

- ☐ frying pan

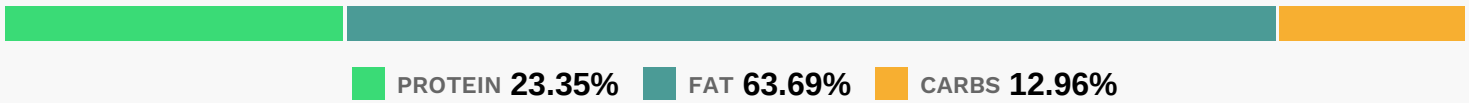
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 oven

## Directions

- ☐ Heat the barbecue or griddle pan to hot. Rub the outside of the peppers all over with the olive oil.
- ☐ Stuff the peppers with the mozzarella, olives, oregano and garlic, and drizzle with a touch more olive oil, if you like.
- ☐ Pop on the barbecue, stuffed-side up for 12–15 mins until the pepper is nicely charred (or roast in the oven at 220C/200C fan/gas 7 for the same amount of time).

## Nutrition Facts



## Properties

Glycemic Index:18, Glycemic Load:0.88, Inflammation Score:-9, Nutrition Score:15.559999927231%

## Flavonoids

Luteolin: 5.63mg, Luteolin: 5.63mg, Luteolin: 5.63mg, Luteolin: 5.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

## Nutrients (% of daily need)

Calories: 253.59kcal (12.68%), Fat: 18.34g (28.22%), Saturated Fat: 8.87g (55.46%), Carbohydrates: 8.4g (2.8%), Net Carbohydrates: 5.68g (2.07%), Sugar: 3.59g (3.99%), Cholesterol: 49.38mg (16.46%), Sodium: 458.48mg (19.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.13g (30.26%), Vitamin C: 96.17mg (116.57%), Calcium: 352.32mg (35.23%), Phosphorus: 249.35mg (24.94%), Vitamin B12: 1.42µg (23.75%), Vitamin K: 20.2µg (19.24%), Vitamin A: 899.92IU (18%), Vitamin B6: 0.32mg (16.13%), Selenium: 10.93µg (15.61%), Zinc: 2.03mg (13.55%), Vitamin B2: 0.22mg (12.87%), Manganese: 0.25mg (12.57%), Fiber: 2.72g (10.87%), Vitamin E: 1.44mg (9.63%), Potassium: 279.23mg (7.98%), Magnesium: 28.59mg (7.15%), Iron: 1.2mg (6.69%), Vitamin B1: 0.09mg (6.18%), Copper: 0.1mg (5.13%), Folate: 19.4µg (4.85%), Vitamin B3: 0.71mg (3.57%), Vitamin B5: 0.23mg (2.27%), Vitamin D: 0.25µg (1.67%)