



Sweet and Sour Couscous-Stuffed Peppers

READY IN



70 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup asiago cheese grated
- 2 medium carrots cut into chunks
- 2 stalks celery cut into chunks
- 0.3 cup golden raisins
- 4 servings kosher salt
- 0.5 pound ground beef lean
- 1.5 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1 large shallots cut into chunks

- 2 tablespoons tomato paste
- 0.5 cup couscous whole wheat
- 0.3 cup a combination fresh chopped
- 4 a mix of colors green red yellow halved lengthwise seeded

Equipment

- food processor
- bowl
- frying pan
- oven
- whisk
- plastic wrap
- baking pan
- wooden spoon
- aluminum foil
- microwave

Directions

- Preheat the oven to 450 degrees F. Pulse the carrots, celery and shallots in a food processor until coarsely chopped.
- Heat 1 tablespoon of the olive oil in a large nonstick skillet over medium high.
- Add the chopped vegetables and cook, stirring frequently, until light golden and soft, 8 to 10 minutes. (
- Add a splash of water if the mixture begins to stick.)
- Add the ground beef and 4 teaspoons of the tomato paste and cook, breaking the mixture up with a wooden spoon, until browned, about 4 minutes.
- Add 1/2 cup water, the parsley, raisins, 1 tablespoon of the vinegar and 3/4 teaspoon salt. Bring to a simmer and cook until most of the water is absorbed and the mixture gets saucy, about 1 minute.
- Let cool slightly.

- Meanwhile, toss the pepper halves with the remaining 1/2 tablespoon oil in a microwave-safe bowl. Cover with plastic wrap and microwave until the peppers are pliable, 10 to 12 minutes. Carefully uncover the bowl and pour out any liquid that has accumulated.
- Stir the couscous into the beef mixture.
- Whisk together the remaining 2 tablespoons tomato paste, 1 tablespoon vinegar and 3/4 cup water in the bottom of a large baking dish.
- Carefully transfer the peppers to the baking dish cut-side up and fill each pepper with the couscous mixture.
- Sprinkle with the cheese. Cover with foil and bake until the peppers are tender and the stuffing is hot, 20 to 25 minutes.
- Serve warm or at room temperature drizzled with the tomato cooking liquid.

Nutrition Facts



Properties

Glycemic Index:69.88, Glycemic Load:7.58, Inflammation Score:-10, Nutrition Score:28.468260930932%

Flavonoids

Apigenin: 11.35mg, Apigenin: 11.35mg, Apigenin: 11.35mg, Apigenin: 11.35mg Luteolin: 5.91mg, Luteolin: 5.91mg, Luteolin: 5.91mg, Luteolin: 5.91mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 396.42kcal (19.82%), Fat: 13.89g (21.38%), Saturated Fat: 5.2g (32.49%), Carbohydrates: 46.53g (15.51%), Net Carbohydrates: 39.57g (14.39%), Sugar: 13.9g (15.44%), Cholesterol: 47.9mg (15.97%), Sodium: 641.11mg (27.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.5g (51%), Vitamin C: 107.42mg (130.21%), Vitamin A: 6315.32IU (126.31%), Vitamin K: 105.73µg (100.69%), Vitamin B6: 0.65mg (32.26%), Phosphorus: 309.45mg (30.94%), Calcium: 286.54mg (28.65%), Fiber: 6.97g (27.87%), Zinc: 3.83mg (25.51%), Vitamin B12: 1.5µg (24.92%), Vitamin B3: 4.56mg (22.81%), Potassium: 794.13mg (22.69%), Iron: 3.88mg (21.55%), Selenium: 14.78µg (21.12%), Manganese: 0.31mg (15.52%), Vitamin B2: 0.26mg (15.14%), Vitamin E: 2.05mg (13.67%), Magnesium: 50.19mg (12.55%), Copper: 0.24mg (11.79%), Folate: 40.09µg (10.02%), Vitamin B1: 0.14mg (9.1%), Vitamin B5: 0.77mg (7.66%)