


# Tofu and Rice Stuffed Peppers


 Vegetarian  Gluten Free

READY IN




95 min.

SERVINGS



4

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup brown rice uncooked
- 12 ounce extra-firm tofu diced drained
- 1 clove garlic minced
- 4 servings ground pepper black to taste
- 1.8 cups tomatoes divided
- 2 tablespoons olive oil
- 2 orange bell peppers halved seeded
- 2 bell peppers red halved seeded

- 4 servings salt to taste
- 2 cups mozzarella cheese shredded
- 8 slices tomatoes
- 2 cups water

## Equipment

- frying pan
- oven
- pot
- baking pan
- wooden spoon
- spatula

## Directions

- Place rice and water in a pot and bring to a boil. Cover, reduce heat to low, and simmer 45 minutes, or until tender.
- Heat the olive oil in a skillet over medium heat, and stir in garlic and tofu. Cook about 5 minutes.
- Mix in 1/4 cup marinara sauce, season with salt and pepper, and continue to cook and stir until tofu is evenly brown.
- Preheat oven to 350 degrees F (175 degrees C).
- Using a wooden spoon or spatula, press an equal amount of rice into each pepper half.
- Layer rice with remaining marinara sauce, and 1/2 the cheese. Press equal amounts of tofu into the pepper halves.
- Place 1 tomato slice on each pepper, and top peppers with remaining mozzarella. Arrange stuffed peppers in a baking dish.
- Bake 25 minutes in the preheated oven, until cheese is melted.
- Serve 1/2 of each color pepper to each person.

## Nutrition Facts



■ PROTEIN 19.16% ■ FAT 39.59% ■ CARBS 41.25%

## Properties

Glycemic Index:73.69, Glycemic Load:24.61, Inflammation Score:-10, Nutrition Score:34.01869559288%

## Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 516.36kcal (25.82%), Fat: 23.2g (35.69%), Saturated Fat: 8.97g (56.08%), Carbohydrates: 54.39g (18.13%), Net Carbohydrates: 47.89g (17.42%), Sugar: 11.66g (12.96%), Cholesterol: 44.24mg (14.75%), Sodium: 1122.12mg (48.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.27g (50.54%), Vitamin C: 167.46mg (202.98%), Manganese: 2.13mg (106.5%), Vitamin A: 5019.01IU (100.38%), Phosphorus: 482.83mg (48.28%), Vitamin B6: 0.78mg (38.8%), Calcium: 359.12mg (35.91%), Magnesium: 139.93mg (34.98%), Vitamin E: 4.83mg (32.21%), Potassium: 1002.7mg (28.65%), Vitamin B1: 0.39mg (26.12%), Fiber: 6.5g (25.98%), Copper: 0.51mg (25.29%), Zinc: 3.75mg (25.02%), Vitamin B3: 4.86mg (24.29%), Vitamin B2: 0.39mg (22.94%), Folate: 85.95µg (21.49%), Iron: 3.86mg (21.46%), Vitamin B12: 1.28µg (21.28%), Vitamin K: 18.78µg (17.88%), Vitamin B5: 1.55mg (15.51%), Selenium: 10.39µg (14.85%), Vitamin D: 0.22µg (1.49%)