



HEALTH SCORE

86%

Tomato Stuffed Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 cloves garlic thinly sliced
- ☐ 3 tablespoons kalamata olives chopped
- ☐ 2 tablespoons olive oil
- ☐ 4 large pasilla peppers red
- ☐ 4 medium tomatoes

Equipment

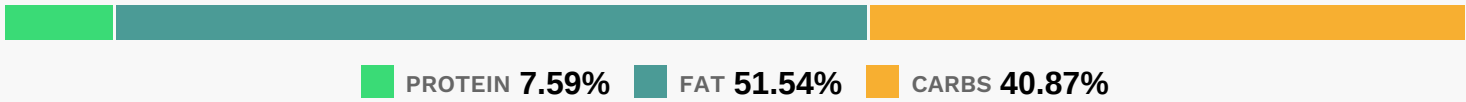
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F. Spray a large, shallow baking dish with cooking spray.
- ☐ Cut the peppers in half lengthwise, removing the seeds but leaving the stem. Although the stem is not edible it looks good in this dish and helps the pepper retain its shape.
- ☐ Place the peppers cut side up in the baking dish.
- ☐ Divide the sliced garlic and the olives evenly among the peppers.
- ☐ Cut each tomato into 8 wedges and put 4 wedges into each pepper.
- ☐ Drizzle each stuffed pepper with a little oil and season with a few grinds of pepper.
- ☐ Roast the peppers for about 50 minutes or until they are tender and beginning to brown around the edges.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:3.47, Inflammation Score:-10, Nutrition Score:18.910434821378%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 137.85kcal (6.89%), Fat: 8.67g (13.33%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 15.46g (5.15%), Net Carbohydrates: 10.29g (3.74%), Sugar: 10.17g (11.3%), Cholesterol: 0mg (0%), Sodium: 106.72mg (4.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.75%), Vitamin C: 227.24mg (275.44%), Vitamin A: 6183.69IU (123.67%), Vitamin E: 4.49mg (29.96%), Vitamin B6: 0.6mg (29.82%), Folate: 94.13µg (23.53%), Vitamin K: 22.24µg (21.18%), Fiber: 5.17g (20.7%), Potassium: 647.48mg (18.5%), Manganese: 0.36mg (18.09%), Vitamin B3: 2.36mg (11.81%), Vitamin B2: 0.17mg (9.71%), Vitamin B1: 0.14mg (9.23%), Magnesium: 34.42mg (8.6%), Phosphorus: 74.85mg (7.49%), Vitamin B5: 0.64mg (6.41%), Iron: 1.14mg (6.34%), Copper: 0.11mg (5.67%), Zinc: 0.64mg (4.27%), Calcium: 30.13mg (3.01%)