



## Tri-Color Vegetarian-Stuffed Peppers

 Gluten Free

READY IN



55 min.

SERVINGS



55

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup milk colby & monterey jack cheeses shredded 2% divided kraft
- 1.5 cups brown rice long-grain cooked
- 10 oz regular corn frozen
- 1 large and pepper green red yellow seeded
- 1.5 cups taco bellâ® & chunky salsa thick
- 2 cups boca veggie ground crumbles frozen
- 0.5 cup water

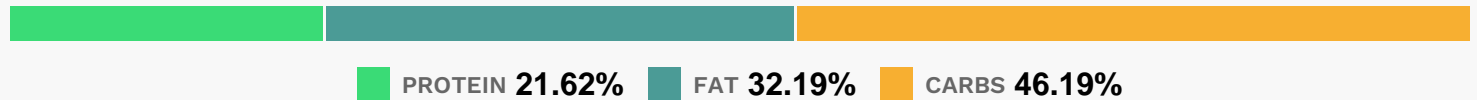
### Equipment

- frying pan
- oven
- baking pan

## Directions

- Heat oven to 400F.
- Cook ground crumbles, corn and salsa in large nonstick skillet on medium heat 5 min. or until heated through, stirring frequently.
- Remove from heat. Stir in rice and 1/2 cup cheese; spoon into pepper halves.
- Place in 13x9-inch baking dish.
- Pour water into bottom of dish; cover.
- Bake 30 min. or until peppers are tender and filling is done (160F).
- Sprinkle with remaining cheese; bake, uncovered, 10 min. or until melted.

## Nutrition Facts



## Properties

Glycemic Index:0.58, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.5952173759756%

## Nutrients (% of daily need)

Calories: 26.69kcal (1.33%), Fat: 1g (1.54%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 3.23g (1.08%), Net Carbohydrates: 2.72g (0.99%), Sugar: 0.33g (0.37%), Cholesterol: 2.28mg (0.76%), Sodium: 74.39mg (3.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.03%), Vitamin B12: 0.27µg (4.46%), Manganese: 0.07mg (3.34%), Vitamin B1: 0.05mg (3.33%), Vitamin B3: 0.6mg (2.98%), Phosphorus: 28.16mg (2.82%), Vitamin B6: 0.06mg (2.76%), Fiber: 0.51g (2.05%), Calcium: 19.31mg (1.93%), Iron: 0.26mg (1.46%), Magnesium: 5.68mg (1.42%), Selenium: 0.98µg (1.39%), Vitamin B2: 0.02mg (1.34%), Potassium: 44.67mg (1.28%), Zinc: 0.19mg (1.27%), Vitamin A: 58.2IU (1.16%)