



Turkey-Stuffed Peppers

READY IN



55 min.

SERVINGS



4

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 ounce mushrooms fresh sliced
- ☐ 6 cloves garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 pound pd of ground turkey
- ☐ 1 teaspoon half-and-half to taste
- ☐ 1 cup milk
- ☐ 2 tablespoons olive oil

- ☐ 2 small onions chopped
- ☐ 0.5 cup panko bread crumbs (Japanese bread crumbs)
- ☐ 0.5 cup parmesan cheese shredded
- ☐ 2 large bell peppers red seeds removed and halved lengthwise
- ☐ 1 teaspoon salt
- ☐ 0.5 cup cheddar cheese shredded divided
- ☐ 1 cup tomatoes chopped

Equipment

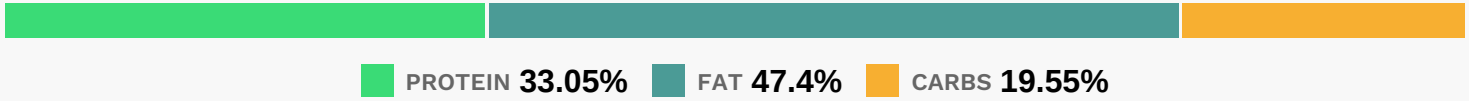
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 1-quart baking dish.
- ☐ Bring a large saucepan of water to a boil. Cook peppers in boiling water until slightly tender, about 3 minutes; drain and rinse with cold water until cooled.
- ☐ Heat oil in a skillet over medium heat. Cook ground turkey, onions, mushrooms, and garlic in the hot oil until turkey is completely browned; drain grease from the turkey mixture.
- ☐ Transfer drained turkey mixture to a bowl and return skillet to medium heat.
- ☐ Melt butter in the skillet; add flour, salt, and black pepper. Stir until smooth. Stream milk and half-and-half into the flour mixture while stirring; bring to a boil. Cook and stir the milk mixture until thickened, 1 to 2 minutes. Return turkey mixture to the skillet; add tomatoes and 2 tablespoons Cheddar cheese. Cook and stir the turkey mixture until hot and the cheese is melted, about 3 minutes; spoon into the bell pepper halves. Arrange stuffed pepper halves into the prepared baking dish; top with remaining Cheddar cheese, Parmesan cheese, and panko. Cover dish with aluminum foil.

- ☐
- Bake in preheated oven until the peppers are tender and the filling is hot, 25 to 30 minutes.
- ☐
- Switch oven to broil, remove foil, and cook peppers under the broiler until the panko is browned, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:102, Glycemic Load:6.13, Inflammation Score:-10, Nutrition Score:32.583043430163%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg

Nutrients (% of daily need)

Calories: 482.5kcal (24.12%), Fat: 25.93g (39.89%), Saturated Fat: 11.29g (70.57%), Carbohydrates: 24.07g (8.02%), Net Carbohydrates: 20.46g (7.44%), Sugar: 10.13g (11.25%), Cholesterol: 107.8mg (35.93%), Sodium: 1064.65mg (46.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.68g (81.35%), Vitamin C: 114.66mg (138.99%), Vitamin B6: 1.44mg (71.89%), Vitamin B3: 13.96mg (69.79%), Vitamin A: 3425.18IU (68.5%), Selenium: 39.84µg (56.92%), Phosphorus: 561.63mg (56.16%), Calcium: 371.09mg (37.11%), Vitamin B2: 0.57mg (33.29%), Potassium: 892.89mg (25.51%), Zinc: 3.78mg (25.23%), Vitamin B5: 2.2mg (21.99%), Vitamin B1: 0.32mg (21.49%), Vitamin B12: 1.26µg (20.99%), Folate: 82.98µg (20.75%), Manganese: 0.39mg (19.66%), Vitamin E: 2.94mg (19.58%), Magnesium: 75.18mg (18.79%), Fiber: 3.61g (14.45%), Iron: 2.34mg (12.99%), Copper: 0.25mg (12.75%), Vitamin K: 13.34µg (12.71%), Vitamin D: 1.33µg (8.86%)