



Undone Stuffed Pepper Casserole

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



45 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups rice long-grain white cooked
- 3 cloves garlic minced
- 2 pasilla peppers green coarsely chopped
- 1.5 cups italian* five cheese shredded with a touch of philadelphia, divided kraft
- 1 lb ground beef lean
- 24 oz classico family favorites pasta sauce traditional

Equipment

- frying pan

oven

Directions

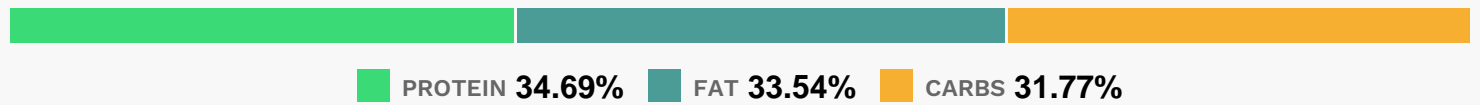
Heat oven to 350F.

Brown meat with peppers and garlic in large skillet; drain. Return meat mixture to skillet; stir in rice, pasta sauce and 3/4 cup cheese.

Spoon into 2-qt. casserole sprayed with cooking spray; top with remaining cheese.

Bake 25 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:4.85, Glycemic Load:2.72, Inflammation Score:-1, Nutrition Score:2.4843478338874%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 44.9kcal (2.24%), Fat: 1.7g (2.62%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 3.23g (1.18%), Sugar: 0.75g (0.84%), Cholesterol: 7.87mg (2.62%), Sodium: 96.39mg (4.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.92%), Vitamin C: 6.04mg (7.33%), Zinc: 0.66mg (4.42%), Vitamin B3: 0.85mg (4.27%), Vitamin B6: 0.08mg (4.23%), Vitamin B12: 0.25µg (4.23%), Selenium: 2.7µg (3.86%), Manganese: 0.07mg (3.38%), Phosphorus: 31.98mg (3.2%), Potassium: 103.83mg (2.97%), Iron: 0.47mg (2.63%), Vitamin E: 0.3mg (2.01%), Copper: 0.04mg (1.92%), Vitamin A: 95.69IU (1.91%), Vitamin B2: 0.03mg (1.9%), Magnesium: 6.65mg (1.66%), Vitamin B5: 0.16mg (1.63%), Fiber: 0.39g (1.57%), Calcium: 13.59mg (1.36%)