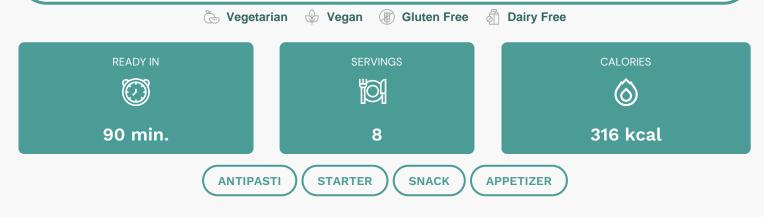


Vegetarian Pelau-Stuffed Peppers



Ingredients

4 medium bell pepper halved lengthwise seeded (any color)
1 cup pea-mond dressing frozen
8 servings pepper black freshly ground
1.5 pound butternut squash
3 tablespoons cilantro leaves fresh coarsely chopped
3 medium garlic clove finely chopped
1 tablespoon kosher salt as needed plus more
0.3 cup brown sugar light packed

	0.3 cup juice of lime freshly squeezed (from 3 medium limes)
	1 teaspoon lime zest finely grated
	0.5 teaspoon oregano dried
	2 cups spring onion thinly sliced (12 medium scallions)
	1 teaspoon thyme leaves dried
	1 medium tomatoes seeded cut into small dice
	3 tablespoons tomato paste
	1.5 cups coconut milk unsweetened
	3 tablespoons vegetable oil
	0.5 cup rice long-grain white
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Add the rice and black-eyed peas, stir to incorporate, cover, and cook, stirring occasionally,
until the rice is done and the vegetables are tender, about 20 to 30 minutes. Meanwhile, heat
a grill to medium low (about 325°F). Rub the outside of the peppers with remaining 1
tablespoon of vegetable oil and season both inside and out with salt and pepper.
Remove the rice mixture from the heat and let it stand covered for about 5 minutes. Stir in
the remaining scallions and the cilantro, lime juice, and lime zest.Divide the mixture evenly
among the peppers (about 1/2 cup pelau per pepper half). Grill, covered, until the peppers are
soft and just starting to char, about 30 minutes.

Nutrition Facts

PROTEIN 7.08% FAT 43.84% CARBS 49.08%

Properties

Glycemic Index:53.15, Glycemic Load:8.64, Inflammation Score:-10, Nutrition Score:25.142173850018%

Flavonoids

Eriodictyol: O.17mg, Eriodictyol: O.17mg, Eriodictyol: O.17mg, Eriodictyol: O.17mg Hesperetin: O.79mg, Hesperetin: O.79mg, Hesperetin: O.79mg, Hesperetin: O.79mg, Naringenin: O.14mg, Naringenin: O.14mg, Naringenin: O.14mg, Naringenin: O.01mg, Apigenin: O.01mg, Api

Nutrients (% of daily need)

Calories: 315.79kcal (15.79%), Fat: 16.4g (25.22%), Saturated Fat: 10.4g (65%), Carbohydrates: 41.29g (13.76%), Net Carbohydrates: 34.55g (12.56%), Sugar: 15.13g (16.81%), Cholesterol: Omg (0%), Sodium: 940.61mg (40.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.92%), Vitamin A: 11404.34IU (228.09%), Vitamin C: 106.62mg (129.24%), Vitamin K: 68.77µg (65.5%), Manganese: 1mg (50.25%), Folate: 123.6µg (30.9%), Fiber: 6.75g (26.99%), Potassium: 810.76mg (23.16%), Vitamin E: 3.25mg (21.64%), Vitamin B6: 0.42mg (21.12%), Magnesium: 78.69mg (19.67%), Copper: 0.34mg (16.96%), Iron: 3mg (16.66%), Phosphorus: 157.07mg (15.71%), Vitamin B1: 0.21mg (13.88%), Vitamin B3: 2.68mg (13.42%), Calcium: 95.26mg (9.53%), Selenium: 6.29µg (8.99%), Vitamin B5: 0.89mg (8.88%), Zinc: 1.18mg (7.84%), Vitamin B2: 0.12mg (7.17%)