



Vegetarian Stuffed Bell Peppers

READY IN



40 min.

SERVINGS



4

CALORIES



240 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup bread crumbs dried
- ☐ 4 cloves garlic minced
- ☐ 2 bell peppers green halved seeded
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup olive oil
- ☐ 1 onion chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 cup parsley chopped
- ☐ 1 medium tomatoes peeled seeded chopped

☐ 2 tablespoons white wine

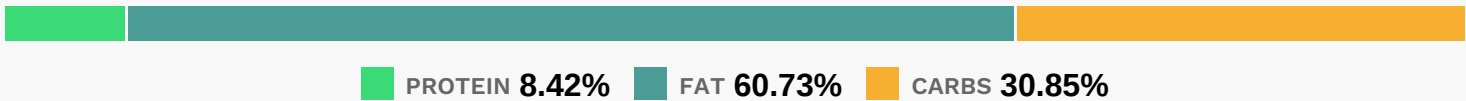
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 8x11 inch glass baking dish.
- ☐ In a pot of boiling water, cook the bell peppers for 4 to 5 minutes; until they begin to soften.
- ☐ Remove them from the boiling water and plunge them into a cold bath.
- ☐ Drain well.
- ☐ In a large skillet, heat the olive oil over medium heat.
- ☐ Saute the onion and garlic in the olive oil for 3 to 5 minutes.
- ☐ Remove the pan from heat and mix in the tomato, parsley, bread crumbs, white wine, and black pepper. Fill the peppers with this mixture and place them into the prepared baking dish.
- ☐ Sprinkle the Parmesan cheese over the peppers.
- ☐ Bake for 20 minutes. Enjoy!

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:1.42, Inflammation Score:-8, Nutrition Score:14.133043318339%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin:

0.03mg, Hesperetin: 0.03mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg
Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 2.87mg, Luteolin: 2.87mg,
Luteolin: 2.87mg, Luteolin: 2.87mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg,
Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin:
0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 7.14mg, Quercetin: 7.14mg,
Quercetin: 7.14mg, Quercetin: 7.14mg

Nutrients (% of daily need)

Calories: 239.7kcal (11.98%), Fat: 16.2g (24.93%), Saturated Fat: 3.06g (19.11%), Carbohydrates: 18.52g (6.17%), Net
Carbohydrates: 15.85g (5.76%), Sugar: 4.38g (4.87%), Cholesterol: 5.44mg (1.81%), Sodium: 215.9mg (9.39%),
Alcohol: 0.77g (100%), Alcohol %: 0.59% (100%), Protein: 5.06g (10.11%), Vitamin K: 77.85µg (74.14%), Vitamin C:
60.01mg (72.74%), Manganese: 0.35mg (17.67%), Vitamin A: 847.76IU (16.96%), Vitamin E: 2.41mg (16.07%), Vitamin
B1: 0.2mg (13.33%), Vitamin B6: 0.26mg (12.85%), Calcium: 107.27mg (10.73%), Fiber: 2.67g (10.7%), Phosphorus:
97.47mg (9.75%), Folate: 36.49µg (9.12%), Selenium: 6.17µg (8.81%), Potassium: 295.04mg (8.43%), Iron: 1.41mg
(7.86%), Vitamin B3: 1.48mg (7.4%), Vitamin B2: 0.11mg (6.72%), Copper: 0.12mg (6.08%), Magnesium: 23.66mg
(5.92%), Zinc: 0.73mg (4.85%), Vitamin B5: 0.25mg (2.53%), Vitamin B12: 0.13µg (2.19%)