

Vegetarian Stuffed Peppers

 Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups brown rice
- ☐ 2 tablespoons brown sugar
- ☐ 1.5 cups extra tofu firm
- ☐ 6 large bell peppers green
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 cup pecans chopped
- ☐ 6 servings salt and pepper to taste
- ☐ 3 tablespoons cooking sherry

- ☐ 3 tablespoons soya sauce
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 2 cups tomato sauce
- ☐ 1 teaspoon vegetarian worcestershire sauce

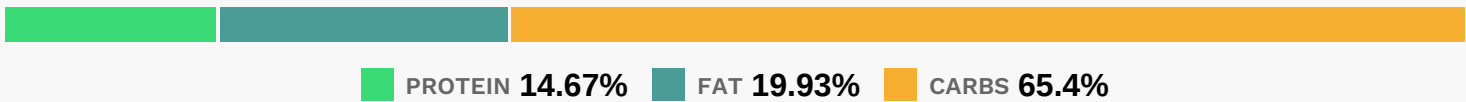
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). In a saucepan bring 3 cups water to a boil. Stir in rice. Reduce heat, cover and simmer for 40 minutes.
- ☐ Meanwhile, core and seed green peppers, leaving bottoms intact.
- ☐ Place peppers in a microwavable dish with about 1/2 inch of water in the bottom. Microwave on high for 6 minutes.
- ☐ In a small frying pan bring soy sauce, wine and Worcestershire sauce to a simmer.
- ☐ Add tofu and simmer until the liquid is absorbed.
- ☐ Combine rice (after it has cooled), tofu, cranberries, nuts, cheese, salt and pepper; mix and pack firmly into peppers. Return peppers to the dish you first microwaved them in, and bake in preheated oven for 25 to 30 minutes, or until lightly browned on top.
- ☐ Meanwhile, in a small saucepan over low heat, combine tomato sauce and brown sugar; heat until hot throughout. Spoon sauce over each serving.

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:22.3, Inflammation Score:-9, Nutrition Score:24.615652153026%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 7.73mg, Luteolin: 7.73mg, Luteolin: 7.73mg, Luteolin: 7.73mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 383.55kcal (19.18%), Fat: 8.7g (13.38%), Saturated Fat: 2.15g (13.45%), Carbohydrates: 64.21g (21.4%), Net Carbohydrates: 57.47g (20.9%), Sugar: 19.18g (21.31%), Cholesterol: 7.25mg (2.42%), Sodium: 1290.34mg (56.1%), Alcohol: 0.77g (100%), Alcohol %: 0.24% (100%), Protein: 14.4g (28.79%), Vitamin C: 137.77mg (167%), Manganese: 2.36mg (118.02%), Vitamin B6: 0.74mg (36.98%), Phosphorus: 322.28mg (32.23%), Magnesium: 126.98mg (31.74%), Fiber: 6.73g (26.93%), Copper: 0.54mg (26.92%), Vitamin B1: 0.4mg (26.54%), Potassium: 829mg (23.69%), Vitamin B3: 4.28mg (21.39%), Vitamin A: 1035.83IU (20.72%), Iron: 3.44mg (19.13%), Zinc: 2.35mg (15.68%), Vitamin K: 15.53µg (14.79%), Calcium: 147.47mg (14.75%), Vitamin E: 2.1mg (14.01%), Vitamin B5: 1.25mg (12.55%), Vitamin B2: 0.19mg (11.42%), Folate: 36.56µg (9.14%), Selenium: 3.77µg (5.39%), Vitamin B12: 0.11µg (1.88%)