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Spicy Stuffed Peppers ••

Spicy stuffed peppers are a delicious and flavorful dish that can be enjoyed as an appetizer or main course. The peppers are stuffed with a mixture of ground beef, rice, and spices, and then baked until tender. This dish is perfect for those who enjoy spicy food and is sure to impress your guests!

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	hot peppers
250 g	Ground Beef
250 g	cooked rice
50 g	onion

2 cloves	garlic
1 c	tomato sauce
100 g	cheddar cheese
1 tsp	Cayenne pepper
1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut off the tops of the hot peppers and remove the seeds and membranes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the ground beef, cooked rice, onion, garlic, cayenne pepper, salt, and black pepper. Mix well.

Prep Time: 10 mins

Cook Time: 0 mins

Step 4

Stuffing

Stuff the hot peppers with the ground beef mixture and place them in a baking dish.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Sprinkling

Pour the tomato sauce over the stuffed peppers and sprinkle with cheddar cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Baking

Bake in the preheated oven for 30-40 minutes, or until the peppers are tender and the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 40 mins

Step 7

Cooling

Remove from the oven and let cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 20 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Picnic

Course

Appetizers

Main Dishes

Side Dishes

Snacks

Sauces & Dressings

Cooking Method

Steaming

Cut

Resting

Serving

Cooking

Stir-frying

Mashing

Preheating

Heating

Oven

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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