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## Tuna Stuffed Pepper ♦♦

A delicious and healthy recipe that combines the flavors of tuna and bell peppers. This recipe is perfect for a quick and easy lunch or dinner.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

**Recipe Yield:** 400 grams

**Number of Servings:** 4

**Serving Size:** 100 g

### Ingredients

|       |              |
|-------|--------------|
| 400 g | Bell peppers |
| 200 g | canned tuna  |
| 30 g  | mayonnaise   |
| 50 g  | red onion    |
| 50 g  | celery       |
| 30 ml | lemon juice  |

|     |              |
|-----|--------------|
| 2 g | salt         |
| 2 g | black pepper |

## Directions

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### Step 1

#### Preheating

Preheat the oven to 180°C (350°F).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Cutting

Cut the tops off the bell peppers and remove the seeds and membranes.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

In a bowl, mix together the canned tuna, mayonnaise, red onion, celery, lemon juice, salt, and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

**Cooking**

Stuff the bell peppers with the tuna mixture.

**Prep Time:** 5 mins

**Cook Time:** 20 mins

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## Step 5

**Baking**

Place the stuffed bell peppers on a baking sheet and bake for 20 minutes, or until the peppers are tender and the filling is heated through.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 6

**Serving**

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 110 kcal

Fat: 3 g

Protein: 15 g

Carbohydrates: 6 g

## Nutrition Facts

### Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein  | 15 g  | 88.24%                 | 88.24%                   |

### Carbohydrates

| Nutrient      | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 6 g   | 10.91%                 | 12%                      |
| Fibers        | 2 g   | 5.26%                  | 8%                       |
| Sugars        | 3 g   | N/A                    | N/A                      |
| Lactose       | 0 g   | N/A                    | N/A                      |

## Fats

| Nutrient            | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 1 g   | N/A                    | N/A                      |
| Saturated Fat       | 1 g   | 4.55%                  | 5.88%                    |
| Fat                 | 3 g   | 10.71%                 | 12%                      |
| Cholesterol         | 15 mg | N/A                    | N/A                      |

## Vitamins

| Nutrient    | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A   | 10 iu  | 1.11%                  | 1.43%                    |
| Vitamin C   | 100 mg | 111.11%                | 133.33%                  |
| Vitamin B6  | 10 mg  | 769.23%                | 769.23%                  |
| Vitamin B12 | 30 mcg | 1250%                  | 1250%                    |
| Vitamin E   | 2 mg   | 13.33%                 | 13.33%                   |
| Vitamin D   | 0 mcg  | 0%                     | 0%                       |

## Minerals

| Nutrient | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Sodium   | 280 mg | 12.17%                 | 12.17%                   |
| Calcium  | 2 mg   | 0.2%                   | 0.2%                     |

| Nutrient  | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Iron      | 4 mg   | 50%                    | 22.22%                   |
| Potassium | 4 mg   | 0.12%                  | 0.15%                    |
| Zinc      | 4 mg   | 36.36%                 | 50%                      |
| Selenium  | 40 mcg | 72.73%                 | 72.73%                   |

## Recipe Attributes

### Events

Christmas Picnic

### Cuisines

American Italian

### Nutritional Content

Low Fat High Protein

### Diet

Anti-Inflammatory Diet

### Course

Salads Snacks Sauces & Dressings

### Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Ramadan  
St. Patrick's Day Thanksgiving Christmas Easter Halloween

### Meal Type

Lunch Dinner Snack

## Difficulty Level

Easy

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