

Green Peppers



About Green Peppers

- Green peppers are an excellent source of vitamin C and B6.
- Their mildly sweet flavor makes green bell peppers versatile enough to include in a wide variety of nutritious recipes.
- Bell peppers come in a variety of colors, such as green, red, yellow and orange.

Selecting and Storing

- Place bell peppers in a plastic bag in the refrigerator, they will last 5 to 7 days.
- Add a damp paper towel to the vegetable compartment, it helps the pepper retain its water.

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Stuffed Green Peppers

Makes: 4 servings (1 pepper)

Ingredients

4 green peppers, large, washed
1 pound ground turkey, 93% lean
1 cup brown rice, uncooked
1/2 cup white onion, chopped
1 1/2 cups tomato sauce, low-sodium
Black pepper, to taste

Instructions

1. Cut around the stem of the pepper. Remove the seeds and the pulp of the green pepper.
2. Wash, then cook the peppers in boiling water for five minutes. Drain well.
3. In saucepan, brown turkey. Add rice, onion, 1/2 cup tomato sauce and black pepper.
4. Stuff each pepper with the mixture and place in a casserole dish.
5. Pour the remaining tomato sauce over the green peppers.
6. Cover and bake for 30 minutes at 350 degrees F.

Source: <https://www.nhlbi.nih.gov/health/educational/.../pdf/.../Recipes-African-American.pdf>

Nutrition Facts

servings per container	
Serving size	(542g)
Amount per serving	
Calories	410
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 110mg	5%
Total Carbohydrate 57g	21%
Dietary Fiber 7g	25%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 2mg	10%
Potassium 702mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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Analyzed using EHSA Food Processor; version 11.4

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