



A Nutrition Resource



# STUFFED PEPPERS

**Yield: 8 Servings | Serving Size: 1 stuffed pepper half**  
**Cost/Serving: \$1.23**

## Ingredients:

- 1/2-pound lean ground turkey, beef, or Italian sausage
- 1 onion, chopped (about 1 cup)
- 1 teaspoon dried oregano
- 1 (15-ounce) can spaghetti sauce
- 3 cups cooked brown rice
- 1 cup shredded mozzarella cheese, divided
- 4 green or red peppers (softball size)

## Directions:

- 1) Preheat oven to 350°F.
- 2) Sauté sausage and onion in a large skillet over medium heat until browned and cooked to 155°F. Pour off any fat.
- 3) Stir in oregano, spaghetti sauce, rice, and ½ cup cheese.
- 4) Wash peppers, cut in half lengthwise, and remove seeds. Arrange in a 9x13-inch baking dish.
- 5) Spoon sausage mixture into peppers, mounding on the top.
- 6) Cover with foil. Bake for 30 minutes. Remove the foil and sprinkle remaining ½ cup cheese on top. Continue to cook another 10 minutes.

*This material is provided by Iowa State University Extension and Outreach. For more tips like this, visit the Spend Smart. Eat Smart. website.  
<http://tinyurl.com/c59523>.*

## Nutrition Facts

8 servings per container  
**Serving size 1 stuffed pepper half (265g)**

Amount per serving  
**Calories 210**

	% Daily Value*
<b>Total Fat</b> 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 125mg	5%
<b>Total Carbohydrate</b> 27g	10%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 13g	
Vitamin D 0mcg	0%
Calcium 143mg	10%
Iron 2mg	10%
Potassium 454mg	10%

\*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.

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