

# Grandma's Stuffed Peppers

Paula Macri - Gattuso's Bella Cucina  
Scripps Treasure Coast Newspapers

8 bell peppers, cleaned and seeds removed  
1 1/2 pounds ground beef  
2 cups cooked rice  
1/4 cup onion, finely chopped  
1 cup diced tomatoes in juice  
1/2 cup V8 juice  
1 tablespoon fresh basil, chopped  
1/2 teaspoon salt  
pepper (to taste)

Preheat the oven to 350 degrees.

In a large skillet, brown the ground beef with the onion. Drain well and blot away the fat.

In a mixing bowl, mix the ground beef, cooked rice, diced tomatoes, basil, salt and pepper. Mix well.

Fill the cavity of the peppers with the beef and rice mixture. Place the peppers upright in a baking pan. Pour 1/2 cup of the V8 juice around the peppers. Cover the pan with foil.

Bake for 50 to 60 minutes. Remove the foil for the last 10 minutes.

Remove from the oven and let cool slightly before serving.

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Per Serving (excluding unknown items): 2864 Calories; 184g Fat (57.9% calories from fat); 132g Protein; 169g Carbohydrate; 19g Dietary Fiber; 579mg Cholesterol; 1557mg Sodium. Exchanges: 6 1/2 Grain(Starch); 16 1/2 Lean Meat; 10 Vegetable; 27 Fat.

Beef

## Per Serving Nutritional Analysis

Calories (kcal):	2864	Vitamin B6 (mg):	7.4mg
% Calories from Fat:	57.9%	Vitamin B12 (mcg):	18.0mcg
% Calories from Carbohydrates:	23.6%	Thiamin B1 (mg):	1.4mg
% Calories from Protein:	18.5%	Riboflavin B2 (mg):	1.3mg
Total Fat (g):	184g	Folacin (mcg):	482mcg

**Saturated Fat (g):** 74g  
**Monounsaturated Fat (g):** 80g  
**Polyunsaturated Fat (g):** 9g  
**Cholesterol (mg):** 579mg  
**Carbohydrate (g):** 169g  
**Dietary Fiber (g):** 19g  
**Protein (g):** 132g  
**Sodium (mg):** 1557mg  
**Potassium (mg):** 3458mg  
**Calcium (mg):** 200mg  
**Iron (mg):** 17mg  
**Zinc (mg):** 27mg  
**Vitamin C (mg):** 853mg  
**Vitamin A (i.u.):** 6119IU  
**Vitamin A (r.e.):** 610RE

**Niacin (mg):** 42mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0%

### Food Exchanges

**Grain (Starch):** 6 1/2  
**Lean Meat:** 16 1/2  
**Vegetable:** 10  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 27  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 2864                      **Calories from Fat:** 1658

### % Daily Values\*

<b>Total Fat</b>	184g	283%
Saturated Fat	74g	370%
<b>Cholesterol</b>	579mg	193%
<b>Sodium</b>	1557mg	65%
<b>Total Carbohydrates</b>	169g	56%
Dietary Fiber	19g	78%
<b>Protein</b>	132g	
<b>Vitamin A</b>		122%
<b>Vitamin C</b>		1422%
<b>Calcium</b>		20%
<b>Iron</b>		94%

\* Percent Daily Values are based on a 2000 calorie diet.