

Stuffed Baby Bell Peppers

Alison Ladman - Associated Press
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Yield: 12 pieces

6 baby bell peppers
2 ounces cream cheese, softened
1/2 cup sharp cheddar cheese,
shredded
1/2 cup ham, finely chopped
1/4 teaspoon smoked sweet paprika
2 tablespoons scallions, chopped

Cut the tops off of the peppers, then slice them in half from top to bottom. Remove and discard any seeds and ribs from the halves.

In a medium bowl, mix the cream cheese, cheddar, ham, paprika and scallions.

Spoon a bit of the mixture into each pepper half.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 553 Calories; 46g Fat (74.2% calories from fat); 30g Protein; 5g Carbohydrate; trace Dietary Fiber; 160mg Cholesterol; 1410mg Sodium. Exchanges: 4 1/2 Lean Meat; 0 Vegetable; 6 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	553	Vitamin B6 (mg):	.3mg
% Calories from Fat:	74.2%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	3.8%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	22.0%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	46g	Folacin (mcg):	28mcg
Saturated Fat (g):	27g	Niacin (mg):	4mg
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	160mg	% Refuse:	0 0%
Carbohydrate (g):	5g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	30g	Lean Meat:	4 1/2
Sodium (mg):	1410mg	Vegetable:	0
Potassium (mg):	381mg	Fruit:	0

Calcium (mg): 468mg
Iron (mg): 2mg
Zinc (mg): 4mg
Vitamin C (mg): 21mg
Vitamin A (i.u.): 1456IU
Vitamin A (r.e.): 429RE

Non-Fat Milk: 0
Fat: 6 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 553 **Calories from Fat:** 410

% Daily Values*

Total Fat 46g	70%
Saturated Fat 27g	133%
Cholesterol 160mg	53%
Sodium 1410mg	59%
Total Carbohydrates 5g	2%
Dietary Fiber trace	1%
Protein 30g	
Vitamin A	29%
Vitamin C	35%
Calcium	47%
Iron	11%

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