

Stuffed Green Peppers

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

4 to 5 medium bell peppers
1 small onion, chopped
1 pound ground beef
1 cup cooked rice
1 teaspoon chili powder
salt
pepper
1 can (10 ounce) mushroom soup

Preheat the oven to 375 degrees.

Cut the tops off of the peppers. Wilt the peppers for about 8 minutes in boiling water.

In a skillet, brown the beef with chopped pepper tops and the onions.

Add the rice, chili powder, salt, pepper and 1/3 cup of the soup.

Place the mixture in each green pepper and top with the remaining soup.

Place the stuffed peppers in a pan with 1/4 cup of water in the bottom.

Bake for 30 minutes.

Per Serving (excluding unknown items): 1955 Calories; 132g Fat (60.8% calories from fat); 89g Protein; 103g Carbohydrate; 13g Dietary Fiber; 388mg Cholesterol; 1231mg Sodium. Exchanges: 4 Grain(Starch); 11 Lean Meat; 6 1/2 Vegetable; 20 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	1955	Vitamin B6 (mg):	4.1mg
% Calories from Fat:	60.8%	Vitamin B12 (mcg):	12.1mcg
% Calories from Carbohydrates:	21.1%	Thiamin B1 (mg):	.8mg
% Calories from Protein:	18.2%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	132g	Folacin (mcg):	273mcg
Saturated Fat (g):	52g	Niacin (mg):	27mg

Monounsaturated Fat (g): 55g
Polyunsaturated Fat (g): 10g
Cholesterol (mg): 388mg
Carbohydrate (g): 103g
Dietary Fiber (g): 13g
Protein (g): 89g
Sodium (mg): 1231mg
Potassium (mg): 2271mg
Calcium (mg): 175mg
Iron (mg): 11mg
Zinc (mg): 18mg
Vitamin C (mg): 435mg
Vitamin A (i.u.): 3881IU
Vitamin A (r.e.): 387RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 4
Lean Meat: 11
Vegetable: 6 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 20
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1955 Calories from Fat: 1188

% Daily Values*

Total Fat	132g		202%
	Saturated Fat	52g	259%
Cholesterol	388mg		129%
Sodium	1231mg		51%
Total Carbohydrates	103g		34%
	Dietary Fiber	13g	50%
Protein	89g		
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Vitamin A			78%
Vitamin C			724%
Calcium			17%
Iron			64%

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