

Ricotta Stuffed Hot Peppers

www.GalbaniCheese.com

*1 container (15 ounce) ricotta cheese
12 ounces mozzarella cheese,
shredded and divided
12 banana peppers, tops cut off and
cores removed
1 cup bread crumbs
fresh parsley, finely chopped
salt (to taste)
pepper (to taste)
olive oil*

Preheat the oven to 400 degrees.

In a bowl, mix the ricotta, eight ounces of mozzarella, bread crumbs, parsley, salt and pepper.

Roll the cheese mixture into a log shape. Cut to size and insert into the peppers.

Top with the remaining mozzarella. Place on a baking pan sprayed with oil.

Bake until the peppers look roasted and the cheese is melted.

Per Serving (excluding unknown items): 1938 Calories; 122g Fat (56.7% calories from fat); 115g Protein; 94g Carbohydrate; 3g Dietary Fiber; 429mg Cholesterol; 2550mg Sodium. Exchanges: 5 Grain(Starch); 14 1/2 Lean Meat; 16 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1938
% Calories from Fat:	56.7%
% Calories from Carbohydrates:	19.5%
% Calories from Protein:	23.8%
Total Fat (g):	122g
Saturated Fat (g):	75g
Monounsaturated Fat (g):	35g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	429mg
Carbohydrate (g):	94g
Dietary Fiber (g):	3g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	3.3mcg
Thiamin B1 (mg):	.9mg
Riboflavin B2 (mg):	1.8mg
Folacin (mcg):	174mcg
Niacin (mg):	8mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	5
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Protein (g): 115g
Sodium (mg): 2550mg
Potassium (mg): 750mg
Calcium (mg): 2710mg
Iron (mg): 8mg
Zinc (mg): 13mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 4282IU
Vitamin A (r.e.): 1283 1/2RE

Lean Meat: 14 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 16
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1938 **Calories from Fat:** 1099

% Daily Values*

Total Fat 122g	187%
Saturated Fat 75g	373%
Cholesterol 429mg	143%
Sodium 2550mg	106%
Total Carbohydrates 94g	31%
Dietary Fiber 3g	10%
Protein 115g	
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Vitamin A	86%
Vitamin C	0%
Calcium	271%
Iron	45%

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