

Cheesy Italian Stuffed Peppers

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/cheesy-italian-stuffed-peppers-recipe>

Ingredients:

- 4 green bell peppers tops, ribs and seeds removed
- 1/2 pound 95% lean ground beef if you can't find this, use lean ground turkey
- 1 1/2 cups tomato sauce canned
- 4 garlic cloves minced
- 1 cup onions chopped
- 1 cup rice cauliflower, instructions below
- 1 1/3 cups shredded Italian cheese blend or mozzarella*
- 1 tablespoon italian seasoning
- salt
- pepper

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 35 milligrams
4. Fat: 6 grams
5. Fiber: 7 grams
6. Protein: 17 grams
7. SaturatedFat: 2 grams
8. Sodium: 630 milligrams
9. Sugar: 13 grams

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