

# Italian Beef Stuffed Peppers

Yield: 2 min  
Total Time: 50 min

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

## Ingredients:

- 10 1/2 ounces lean ground beef raw ~ need 7.5 oz cooked, 1 1/2 Leans
- 1/2 cup marinara sauce Rao's, \*, 2 Greens
- 1/4 teaspoon garlic powder 1/2 Condiment
- 1/4 teaspoon salt 1 Condiment
- 1/4 teaspoon black pepper 1/2 Condiment
- 1/2 teaspoon Italian seasoning dried, 1 Condiment
- 2 tablespoons fresh Parmesan cheese grated, 2 Condiments
- 1/2 cup part skim mozzarella cheese shredded, 1/2 Lean
- 2 bell peppers 4 Greens

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 115 milligrams
4. Fat: 16 grams
5. Fiber: 5 grams
6. Protein: 43 grams
7. SaturatedFat: 7 grams
8. Sodium: 930 milligrams
9. Sugar: 9 grams

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