

Keto Stuffed Peppers – Italian Style

Yield: 4 min
Total Time: 80 min

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

Ingredients:

- 1 pound lean ground beef 90/10
- 2 tablespoons olive oil
- 6 bell peppers
- 1/2 cup onion 60g – finely chopped
- 1 cup tomato sauce
- 2 tablespoons Italian seasoning
- 1 tablespoon fresh parsley finely chopped
- 1 1/2 teaspoons salt
- 1 teaspoon ground black pepper
- 6 ounces mushrooms 4 large, finely chopped
- 3 cloves garlic chopped
- 1 tablespoon Worcestershire sauce
- 1 cup mozzarella cheese

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 95 milligrams
4. Fat: 21 grams
5. Fiber: 7 grams
6. Protein: 35 grams
7. SaturatedFat: 8 grams
8. Sodium: 1450 milligrams
9. Sugar: 12 grams

Thank you for visiting our website. Hope you enjoy Keto Stuffed Peppers – Italian Style above. You can see more 20 israeli stuffed peppers recipe Elevate your taste buds! to get more great cooking ideas.