

Mediterranean-Style Stuffed Peppers

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-rice-recipe-vegetarian>

Ingredients:

- 1 cup rice uncooked fragrant, brown or white
- 1 1/2 teaspoons spice Greek Seasoning, Blend
- 4 bell peppers sweet
- 1/4 cup sun dried tomatoes packed in oil drained
- 2 cloves garlic minced
- 1/2 cup white beans cooked
- 1/3 cup feta cheese
- 4 green onions diced
- 2 tablespoons olive oil
- 3 tablespoons toasted pine nuts

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 10 milligrams
4. Fat: 15 grams
5. Fiber: 5 grams
6. Protein: 8 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 170 milligrams
9. Sugar: 3 grams

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