

Skinny Turkey Stuffed Peppers

Yield: 4 min
Total Time: 165 min

Recipe from: <https://www.recipeschoose.com/recipes/pepper-recipe-thanksgiving>

Ingredients:

- 4 red bell peppers
- 1 tablespoon olive oil
- 1 onion medium, chopped
- 5 cloves garlic minced
- 1/2 cup long grain rice
- 1 pound ground turkey
- salt
- pepper
- 1 tablespoon basil
- 1/2 cup cheddar cheese shredded
- 1/2 cup water

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 105 milligrams
4. Fat: 17 grams
5. Fiber: 4 grams
6. Protein: 26 grams
7. SaturatedFat: 6 grams
8. Sodium: 400 milligrams
9. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Skinny Turkey Stuffed Peppers above. You can see more 19+ pepper recipe thanksgiving Delight in these amazing recipes! to get more great cooking ideas.