

Bell Peppers

Bell Pepper Nutrition Facts

Peppers, sweet, green, raw

Nutrition Facts	
Serving Size 100 grams	
Amount Per Serving	% Daily Value*
Calories 20	Calories from Fat 1
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Sugars 2g	
Protein 1g	
Vitamin A	7% • Vitamin C 134%
Calcium	1% • Iron 2%

Peppers, sweet, yellow, raw

Nutrition Facts	
Serving Size 100 grams	
Amount Per Serving	% Daily Value*
Calories 27	Calories from Fat 2
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 1g	
Vitamin A	4% • Vitamin C 306%
Calcium	1% • Iron 3%

Peppers, sweet, red, raw

Nutrition Facts	
Serving Size 100 grams	
Amount Per Serving	% Daily Value*
Calories 31	Calories from Fat 3
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 1g	
Vitamin A	63% • Vitamin C 213%
Calcium	1% • Iron 2%

Bell peppers are a great low carb option for getting some important vitamins. Each color will supply you with its own nutritional profile and you should eat each color for an optimal nutritional medley.

Red peppers contain vitamin K1, thiamin, riboflavin, niacin, potassium and manganese. They are a good source of dietary fibre, vitamin A, vitamin C, vitamin E (Alpha Tocopherol), vitamin B6, and folate.

Yellow peppers contain dietary fiber, vitamin A, niacin, magnesium and copper. They are an excellent source of vitamin C, and a good source of vitamin B6, folate, potassium, and manganese.

Green peppers contain thiamin, niacin, folate, magnesium and copper. They are a good source of dietary fiber, vitamin A, vitamin C, vitamin K1, vitamin B6, potassium, and manganese.

Stuffed Bell Peppers (3 meat/veg servings)

- 1 Tbsp Olive Oil
- 1/2 C Green Onion, chopped
- 1 tsp Garlic, minced
- 1lb Ground Turkey
- 1/2 tsp Garlic Powder
- 1/4 Cumin
- Salt and Pepper to taste
- 1/2 C Tomato Sauce or a spoonful of Tomato Paste
- 1 C Chicken Broth, divided
- 3 Large Sweet Bell Peppers
- 1/2 C Salsa

- Preheat oven to 400 degrees
- Heat oil in a large skillet over medium heat. Saute the onion and garlic until soft.
- Add ground turkey and season with garlic powder, cumin, salt and pepper.
- After the meat is cooked, add the tomato sauce (or paste) and 1/2 cup chicken broth. Reduce the heat and simmer 5 minutes.
- Cut the bell peppers in half lengthwise and remove the seeds and stem. Place in a baking dish and spoon the turkey mixture into each half.
- Pour 1/2 cup of the chicken broth into the bottom of the pan. Cover with foil and bake in the oven 35-40 minutes.
- Remove from oven and top with salsa and cilantro before serving.

Roasted Bell Peppers

You can make roasted bell peppers thinly sliced or quarter them for larger pieces.

- Preheat oven to 450 degrees (high heat is required to get them perfectly tender)
- Cut the peppers and toss with seasonings. Again, strips or quarters make it easy to roast. Toss with olive oil, dried oregano, and salt. It sounds simple, but the flavor that comes out is immense.
- Roast for 25 to 30 minutes. Roast the peppers until they're tender...that's it!

Stuffed Pepper Soup (5 meat/veg servings)

- 1.5lb Lean Ground Beef
- 1 Tbsp Olive Oil
- Salt and Pepper
- 1 C Green Onion, Chopped
- 3/4 C Red Pepper, chopped
- 3/4 C Green Pepper, Chopped
- 2 Cloves Garlic, minced
- 2 (14.5oz) cans Petite Diced Tomatoes
- 1 (15oz) can Tomato Sauce
- 1 (14.5oz) can Beef Broth
- 2 1/2 Tbsp fresh parsley, chopped, plus extra for garnish
- 1/2 tsp Dried Basil
- 1/4 tsp Dried Oregano
- 1 bag Frozen Cauliflower Rice

- In a large pot, add ground beef, salt and pepper over medium heat. Brown, drain, and pour onto a plate lined with paper towels. Set aside.
- Heat olive oil in pot. Add onion and peppers; sauté 3 minutes. Add garlic and saute additional 30 seconds.
- Pour in diced tomatoes, tomato sauce, and beef broth. Add parsley, basil, oregano and cooked beef. Season with salt and pepper to taste.
- Bring to a light boil, then reduce heat to low; cover and simmer 30 minutes.
- Once soup has simmered, stir in bag of cauliflower rice. Heat through and serve warm. Garnish with fresh parsley.