



Categories: Family Friendly. Keto. Low Carb.

Mexican Stuffed Peppers

Yield: 4

Prep time: 20 minutes

Total time: 45 minutes

Ingredients

Bell Peppers; Red, Yellow, Orange | 4 large peppers

Grass Fed ground beef | 1 pound

Cauliflower Rice | 2 cups, cooked/steamed

Cheddar Cheese | 1 cup, shredded

Olive Oil | 2 Tablespoons

Taco Seasoning | 3 Tablespoons *

Sweet Paprika ¼ cup

Chili Powder 2 Tablespoons

Dried Oregano 2 Tablespoons

Salt 1 Tablespoon

Ground Cumin 1 Tablespoon

Garlic Powder 1 Tablespoon

Onion Powder 1 Tablespoon

Coriander 1 teaspoon

Black Pepper 1 teaspoon

Directions

Preheat oven to 350 degrees.

Slice tops off the peppers and a bit off the ends to make them stand up straight. Drizzle with olive oil.

Cook beef until done, drain off ½ of the fat. Add the taco seasoning and mix. If you need some extra fluid, add ¼ cup water. Mix in cauliflower rice.

Stuff peppers evenly with beef filling and sprinkle cheddar cheese on top. Place on baking sheet and bake about 25 minutes, until bubbly.

Macronutrient Breakdown

Calories: 499 kcal | Carbohydrates: 7.5 g | Protein: 37 g | Fat: 34 g | Sodium: 209 mg

Mexican Stuffed peppers		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	499.7 kcal	25 %
Total Fat	34 g	52 %
Saturated Fat	13.8 g	69 %
Trans Fat	0.3 g	
Cholesterol	28 mg	9 %
Sodium	209.4 mg	9 %
Total Carbohydrate	12.1 g	4 %
Dietary Fiber	4.5 g	18 %
Sugars	7.1 g	
Protein	37.2 g	74 %
Vitamin A	82 %	Vitamin C 322 %
Calcium	23 %	Iron 22 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		</>