

# Hungry Planet® Italian Sausage Stuffed Peppers

Recipe group MAIN DISH	Additional name Hungry Planet	Diet factors	Portions 25	Portion size 7.83 oz
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Name of ingredient	Capacity measure	EP	Methods
<b>1</b> Hungry Planet Italian Sausage™	2 1/8 qt	2 lb 1.33 oz	Preheat oven to 350°F.
Tomato products, canned, sauce	0.5 ea	1 lb 0.67 oz	
Tomato sauce, 8 oz can	4.2 ea	2 lb 1.33 oz	
Sauce, worcestershire	~ 2 tbsp	0 lb 1.26 oz	
Spices, garlic powder	1 tsp	0 lb 0.08 oz	
Spices, onion powder	~ 2/3 tsp	0 lb 0.05 oz	
Seasoning, Italian	2 1/8 tsp	0 lb 0.07 oz	
Salt, kosher, Diamond Crystal		0.00 lb	
<i>to taste</i>			
Spices, pepper, black		0.00 lb	
<i>to taste</i>			
Rice, white, long-grain, regular, raw, unenriched	~ 1 cup	0 lb 6.80 oz	
<i>uncooked</i>			
Water	~ 1 pt	1 lb 0.67 oz	
Peppers, sweet, green, raw	1.303 gal	5 lb 7.50 oz	
<i>tops removed, cored, dressed</i>			

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<b>2</b>			Place rice and water in a medium saucepan and bring to a boil. Reduce heat and cover for 20 minutes.

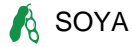
Name of ingredient	Capacity measure	EP	Methods
<b>3</b>			Remove tops of bell peppers, core and deseed. Arrange peppers in shallow baking dish with hollow sides facing up. Slice bottoms of peppers if necessary so they will stand upright.

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<b>4</b>				Spray medium nonstick skillet with cooking spray, or drizzle with olive oil. On medium heat, add Hungry Planet Italian Sausage™, breaking up as you cook. Cook until evenly browned.
<b>5</b>				Remove skillet from heat and add cooked rice, one can of tomato sauce, worcestershire sauce, garlic powder and onion powder. Season with salt and pepper to taste.
<b>6</b>				Spoon equal amounts of the Italian sausage mixture into peppers. Mix remaining can of tomato sauce with Italian seasoning and pour over peppers.
<b>7</b>				Bake for one hour, basting with sauce every 15 minutes, until peppers are tender.

RECIPE IMAGES



**ALLERGENS**



**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	12 lb 3.77 oz	0 %	12 lb 3.77 oz	0 %	12 lb 3.77 oz
Size of portion	7.83 oz		7.83 oz		7.83 oz

**NUTRITION INFORMATION**

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		Vitamins	
<b>Fat</b>	<b>0.77 g</b>	<b>13.46 %</b>	50.73 kcal	Salt	0.32 g		
Saturated	0.04 g	0.76 %	212.28 kJ	Sodium	191.94 mg	Vitamin A	13.70 µg
Monounsaturated	0.02 g	0.43 %	0.21 MJ	Phosphorus	20.47 mg	Vitamin D	0.00 µg
Polyunsaturated	0.06 g	1.11 %		Potassium	254.22 mg	Thiamine	0.04 mg
Trans	0.00 g	0.00 %		Iron	1.06 mg	Riboflavin	0.03 mg
Cholesterol	0.00 mg			Calcium	28.57 mg	Niacin	0.53 mg
Linolenic acid	0.06 g			Zinc	0.16 mg	Vitamin B6	0.13 mg
Alpha-linolenic acid	0.01 mg			Magnesium	9.31 mg	Vitamin B12	0.00 µg
<b>Carbohydrate</b>	<b>7.74 g</b>	<b>62.02 %</b>		Iodine	0.00 µg	Folic acid	0.00 µg
Sugars	2.05 g	16.45 %		Selenium	0.69 µg	Vitamin C	37.81 mg
Sugar	0.00 g			Copper	0.07 mg	Vitamin E	0.54 mg
Lactose	0.00 g					Vitamin K	4.03 µg
<b>Fibre</b>	<b>2.22 g</b>	<b>8.36 %</b>					
Organic acids	0.00 g	0.00 %				Others	
Sugar alcohol	0.00 g	0.00 %				Water	74.71 g
Starch	0.00 g	0.00 %					
<b>Protein</b>	<b>3.84 g</b>	<b>30.77 %</b>					
Alcohol	0.00 g	0.00 %					