

Seafood Stuffed Peppers

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Servings: 6

3 bell peppers (red, orange, green)
1/2 cup green onion, chopped
2 ounces uncooked shrimp, chopped
2 ounces uncooked scallops, chopped
2 tablespoons butter
5 ounces mozzarella cheese, sliced
1 box chicken flavor Rice-a-Roni

Cut the bell peppers in half. Remove the seeds.

In a skillet with hot oil, place the peppers face down. Cook quickly until the edges are charred. Remove and set aside.

Saute' the onion in the skillet. Set aside.

Cook the rice according to package directions. Five minutes prior to the rice being fully cooked, add the shrimp, scallops, butter and onion. Scoop the rice mixture into the peppers. Top with cheese.

Pre-heat the broiler.

Place the peppers under the broiler for 5 minutes or until the cheese is bubbling.

Serve hot.

Per Serving (excluding unknown items): 112 Calories; 10g Fat (77.1% calories from fat); 5g Protein; 1g Carbohydrate; trace Dietary Fiber; 31mg Cholesterol; 138mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	112	Vitamin B6 (mg):	trace
% Calories from Fat:	77.1%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	4.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	18.7%	Riboflavin B2 (mg):	.1mg

Total Fat (g): 10g
Saturated Fat (g): 6g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 31mg
Carbohydrate (g): 1g
Dietary Fiber (g): trace
Protein (g): 5g
Sodium (mg): 138mg
Potassium (mg): 41mg
Calcium (mg): 143mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 389IU
Vitamin A (r.e.): 103RE

Folacin (mcg): 7mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 112 Calories from Fat: 86

% Daily Values*

Total Fat	10g	15%
Saturated Fat	6g	30%
Cholesterol	31mg	10%
Sodium	138mg	6%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	1%
Protein	5g	
Vitamin A		8%
Vitamin C		3%
Calcium		14%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.