

Stuffed Bell Peppers

Mrs. Rivers Wall Jr

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 6

1 tablespoon bacon grease
1 onion, chopped
1 small bell pepper, chopped
2 stalks celery, chopped
8 sprigs parsley, chopped
1 cup dried cooked ham
5 to 6 pieces toast
salt
pepper
3 bell peppers, cut in half

Preheat the oven to 350 degrees.

Place bacon grease in a skillet. Add the onion, bell pepper, celery and parsley. Cook until limp. Add the ham.

Wet the toast in a colander. Break up into little pieces. Place the toast in the skillet. Salt and pepper to taste. Mix well.

Place the bell pepper halves in a pot of water. Cook until limp.

Stuff the peppers with the ham mixture. Place the pepper halves into a shallow baking dish with a small amount of water.

Bake in the oven for 20 minutes.

(This dish freezes well.)

Per Serving (excluding unknown items): 79 Calories; 3g Fat (30.2% calories from fat); 3g Protein; 12g Carbohydrate; 5g Dietary Fiber; 2mg Cholesterol; 70mg Sodium. Exchanges: 2 Vegetable; 1/2 Fat.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	79	Vitamin B6 (mg):	.3mg
% Calories from Fat:	30.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	54.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	15.1%	Riboflavin B2 (mg):	.1mg

Total Fat (g):	3g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	2mg
Carbohydrate (g):	12g
Dietary Fiber (g):	5g
Protein (g):	3g
Sodium (mg):	70mg
Potassium (mg):	651mg
Calcium (mg):	127mg
Iron (mg):	5mg
Zinc (mg):	1mg
Vitamin C (mg):	179mg
Vitamin A (i.u.):	4679IU
Vitamin A (r.e.):	467 1/2RE

Folacin (mcg):	146mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	79	Calories from Fat: 24
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% Daily Values*

Total Fat	3g	5%
Saturated Fat	1g	6%
Cholesterol	2mg	1%
Sodium	70mg	3%
Total Carbohydrates	12g	4%
Dietary Fiber	5g	18%
Protein	3g	
Vitamin A		94%
Vitamin C		299%
Calcium		13%
Iron		30%

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