

# Low-Glycemic Buffalo Chicken Stuffed Bell Peppers

*Protein-packed bell peppers filled with spicy buffalo chicken and topped with dairy-free ranch. A blood sugar-friendly dinner that's satisfying and delicious!*

Prep: 15 min

Cook: 50 min

Total: 65 min

Servings: 6

**GL 1.4 / GI 26**

## Ingredients

**Low GI (40) - excellent non-starchy vegetable base** large bell peppers, any color, halved lengthwise and seeded

**High protein, zero glycemic impact - use rotisserie chicken for convenience** cooked shredded chicken

**Healthy fats slow glucose absorption - choose avocado oil mayo for best quality** mayonnaise

**Zero glycemic impact - capsaicin may improve insulin sensitivity** Frank's Red Hot Sauce or buffalo sauce

**Minimal glycemic impact, adds flavor depth** garlic powder

**Minimal glycemic impact, enhances savory notes** onion powder

**No glycemic impact - adjust to taste** kosher salt

**No glycemic impact - adds subtle heat** black pepper

**Optional - adds cheesy flavor with B vitamins, low glycemic impact** nutritional yeast  
[logifoodcoach.com/recipes/low-glycemic-buffalo-chicken-stuffed-bell-peppers](http://logifoodcoach.com/recipes/low-glycemic-buffalo-chicken-stuffed-bell-peppers)

**Low glycemic vegetable, adds fresh flavor and color** green onions, white and light green parts thinly sliced

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**Choose sugar-free version to maintain low glycemic profile** dairy-free ranch dressing for serving

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**No glycemic impact - adds brightness and nutrients** fresh herbs for serving (parsley, chives, or dill)

## Instructions

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### Step 1

Preheat your oven to 375°F (190°C). Lightly grease a 9x13-inch baking dish or large oven-safe skillet with cooking spray or oil.

### Step 2

Prepare the bell peppers by slicing them in half lengthwise through the stem, then remove all seeds and white membranes. Arrange the pepper halves cut-side up in your prepared baking dish, nestling them close together.

### Step 3

In a large mixing bowl, combine the shredded chicken, mayonnaise, buffalo sauce, garlic powder, onion powder, salt, and black pepper. Add the nutritional yeast if using, along with the sliced green onions. Stir everything together until the chicken is evenly coated and the mixture is well combined. Taste and adjust seasoning, adding more hot sauce for extra heat or salt as needed.

### Step 4

Divide the buffalo chicken mixture evenly among the six pepper halves, spooning it generously into each cavity and packing it down gently to fill completely. Mound any extra filling on top.

### Step 5

Cover the baking dish tightly with aluminum foil. Bake for 30 minutes, allowing the peppers to begin softening and the filling to heat through.

## **Step 6**

Remove the foil and continue baking uncovered for an additional 20 minutes, until the peppers are tender when pierced with a fork and the filling is bubbling with lightly browned edges.

## **Step 7**

Remove from the oven and let rest for 5 minutes. Drizzle each stuffed pepper generously with dairy-free ranch dressing, then garnish with additional sliced green onions and fresh chopped herbs. Serve immediately while hot.