

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 both satisfying and delicious!

Prep: 15 min

Cook: 50 min

Total: 65 min

Servings: 6

GL 1.4 / GI 26

Ingredients

Low GI vegetable (GI: 40), excellent for blood sugar control large bell peppers, any color, halved lengthwise and seeded

High protein, zero glycemic impact, promotes satiety cooked shredded chicken

Healthy fats slow glucose absorption, choose avocado oil-based for best quality mayonnaise

Minimal carbs, capsaicin may improve insulin sensitivity Frank's Red Hot Sauce or buffalo sauce

Negligible glycemic impact, adds flavor without sugar garlic powder

Minimal carbs, enhances savory flavor onion powder

No glycemic impact, essential for flavor balance kosher salt

Zero glycemic impact, aids digestion black pepper

Low-carb, adds umami and B-vitamins without affecting blood sugar nutritional yeast

Low glycemic vegetable, adds fresh flavor and nutrients green onions, white and light green parts thinly sliced, plus more for garnish

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

Zero glycemic impact, adds freshness and antioxidants fresh herbs for serving (parsley, chives, or dill)

Instructions

Step 1

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

Step 2

Prepare the bell peppers by cutting them in half lengthwise through the stem. Remove all seeds and white membranes. Arrange the pepper halves cut-side up in your prepared baking dish, nestling them close together so they support each other during baking.

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, and fold in the sliced green onions. Mix everything thoroughly 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 to enhance flavor.

Step 4

Divide the buffalo chicken mixture evenly among the six pepper halves, using about $\frac{2}{3}$ to $\frac{3}{4}$ cup of filling per pepper. Pack the filling firmly into each pepper cavity, mounding it slightly on top for generous portions.

Step 5

Cover the baking dish tightly with aluminum foil. Bake for 30 minutes to allow the peppers to begin softening and the flavors to meld together.

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 around the edges with lightly browned spots on top.

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.

Step 8

GLYCEMIC TIP: For optimal blood sugar control, serve these stuffed peppers alongside a large mixed green salad with olive oil vinaigrette. Eat the salad first to maximize the fiber benefit and slow glucose absorption from the meal. Always check hot sauce labels to ensure no added sugars, as some commercial brands contain 1-2g sugar per serving that can impact blood glucose.