

## **Cream Cheese Stuffed Sweet Peppers (Keto-Friendly)**

**Servings:** 6 halves

### **Ingredients:**

- 6 sweet peppers — washed, halved, and seeded
- 2 tablespoons cream cheese — room temperature
- 2 tablespoons feta cheese
- 1 tablespoon mayonnaise
- 1/2 teaspoon paprika
- 1 tablespoon chopped parsley
- Black pepper to taste

### **Instructions:**

1. **Prepare Filling:** In a medium-sized bowl, combine the cream cheese, feta cheese, and mayonnaise. Mix until smooth.
2. **Add Seasonings:** Stir in the paprika, black pepper, and chopped parsley, ensuring the mixture is evenly combined.
3. **Fill the Peppers:** Spoon the cheese mixture into the halved sweet peppers.
4. **Serve:** Enjoy immediately as a fresh snack or appetizer!

### **Nutritional Information (per whole stuffed sweet pepper):**

- **Calories:** 48.5 kcal
- **Total Fat:** 3.9 g
- **Saturated Fat:** 1.5 g
- **Total Carbohydrate:** 2.2 g
- **Dietary Fiber:** 0.79 g
- **Sugar:** 1.54 g
- **Protein:** 0.92 g
- **Cholesterol:** 6.97 mg
- **Sodium:** 54.8 mg