



HEALTH SCORE

66%

Artichoke, Spinach, and Feta Stuffed Shells



Vegetarian



Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



272 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 28 ounce canned tomatoes with added puree (such as progresso) crushed canned
- ☐ 20 jumbo shell pasta cooked uncooked (8 ounces pasta)
- ☐ 4 ounces weight cream cheese fat-free softened
- ☐ 4 ounces feta cheese crumbled
- ☐ 9 ounce artichoke hearts frozen thawed chopped
- ☐ 2 garlic clove minced
- ☐ 1 teaspoon oregano dried

- ☐ 0.3 cup pepperoncini peppers chopped
- ☐ 4 ounces provolone cheese shredded divided
- ☐ 10 ounce spinach frozen dry thawed drained chopped
- ☐ 8 ounce tomato sauce canned

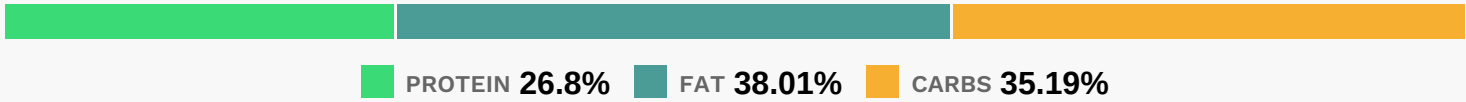
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 4 ingredients in a medium saucepan.
- ☐ Place over medium heat; cook 12 minutes or until slightly thick, stirring occasionally.
- ☐ Remove from heat; set aside.
- ☐ Combine 1/2 cup provolone and the next 6 ingredients (through garlic) in a medium bowl. Spoon or pipe about 1 1/2 tablespoons cheese mixture into each pasta shell; place stuffed shells in a 13 x 9-inch baking dish coated with cooking spray. Spoon tomato mixture over shells; sprinkle with remaining 1/2 cup provolone.
- ☐ Bake at 375 for 25 minutes or until thoroughly heated and cheese melts.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:5.09, Inflammation Score:-10, Nutrition Score:33.293043442394%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 272.14kcal (13.61%), Fat: 12.35g (19%), Saturated Fat: 7.22g (45.1%), Carbohydrates: 25.73g (8.58%), Net Carbohydrates: 17.9g (6.51%), Sugar: 10.51g (11.68%), Cholesterol: 38.56mg (12.85%), Sodium: 1074.31mg (46.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.59g (39.19%), Vitamin K: 224.82µg (214.11%), Vitamin A: 7600.7IU (152.01%), Calcium: 516.19mg (51.62%), Folate: 191.77µg (47.94%), Manganese: 0.95mg (47.33%), Phosphorus: 434.85mg (43.49%), Vitamin B2: 0.64mg (37.8%), Vitamin C: 29.11mg (35.29%), Fiber: 7.83g (31.34%), Potassium: 1059.83mg (30.28%), Vitamin E: 4.5mg (30%), Vitamin B6: 0.59mg (29.47%), Magnesium: 113.83mg (28.46%), Copper: 0.49mg (24.52%), Iron: 4.39mg (24.4%), Selenium: 13.8µg (19.71%), Zinc: 2.8mg (18.65%), Vitamin B1: 0.27mg (18.01%), Vitamin B3: 3.55mg (17.75%), Vitamin B12: 0.93µg (15.5%), Vitamin B5: 1.28mg (12.82%), Vitamin D: 0.2µg (1.36%)