



Baked Pasta Shells

READY IN



35 min.

SERVINGS



20

CALORIES



173 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup basil fresh finely chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 12 oz elbow pasta
- ☐ 24 oz tomatoes
- ☐ 0.5 cup parmesan grated
- ☐ 30 oz ricotta cheese
- ☐ 20 servings salt
- ☐ 1 cup mozzarella cheese shredded

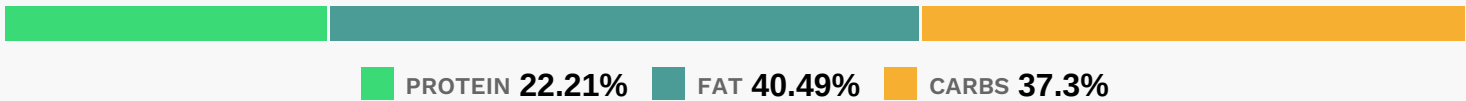
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Bring a large pot of salted water to boil. Cook shells until just tender.
- ☐ Drain and set aside to cool slightly.
- ☐ Preheat oven to 425F.
- ☐ Combine ricotta, basil, Parmesan and garlic in a bowl. Season with salt.
- ☐ Spread half of marinara sauce over bottom of a 9-by-13-inch broiler-safe baking dish. Spoon ricotta mixture into shells and place open sides up in baking dish. Cover with remaining marinara, sprinkle with mozzarella and bake 10 to 12 minutes. Turn oven to broil and broil until cheese begins to brown, 2 to 3 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:6.13, Inflammation Score:-4, Nutrition Score:6.6360870470171%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 172.59kcal (8.63%), Fat: 7.79g (11.98%), Saturated Fat: 4.74g (29.6%), Carbohydrates: 16.13g (5.38%), Net Carbohydrates: 15.05g (5.47%), Sugar: 1.86g (2.07%), Cholesterol: 27.81mg (9.27%), Sodium: 467.04mg (20.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.61g (19.21%), Selenium: 18.68µg (26.69%), Calcium: 157.03mg (15.7%), Phosphorus: 146.83mg (14.68%), Manganese: 0.22mg (10.82%), Vitamin A: 457.25IU (9.14%), Vitamin B2:

0.14mg (8.27%), Zinc: 1.05mg (7.03%), Vitamin K: 6.59µg (6.28%), Potassium: 194.96mg (5.57%), Magnesium: 21.86mg (5.47%), Copper: 0.1mg (5.21%), Vitamin B12: 0.3µg (5.04%), Iron: 0.8mg (4.44%), Fiber: 1.08g (4.32%), Vitamin B6: 0.09mg (4.29%), Vitamin E: 0.58mg (3.88%), Vitamin B3: 0.7mg (3.48%), Vitamin C: 2.69mg (3.26%), Folate: 12.62µg (3.15%), Vitamin B5: 0.29mg (2.93%), Vitamin B1: 0.03mg (2.18%)