



Baked Shells

READY IN



60 min.

SERVINGS



6

CALORIES



663 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 28 ounce canned tomatoes italian canned
- ☐ 0.5 cup basil leaves fresh roughly chopped
- ☐ 0.5 pound mozzarella cheese fresh cut into 1/2-inch dice
- ☐ 2 to 3 garlic cloves finely chopped
- ☐ 6 servings nutmeg freshly grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 onion chopped

- ☐ 1 cup parmigiano-reggiano grated
- ☐ 1 cup ricotta cheese
- ☐ 6 servings salt
- ☐ 1 pound shell pasta (not stuffing shells)
- ☐ 10 ounce pkt spinach frozen dry chopped

Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Remove and reserve 1 cup of cooking water just before draining.
- ☐ Meanwhile, heat a medium-sized pot or high-sided skillet over medium heat with the extra-virgin olive oil.
- ☐ Add the onions and garlic and saute for 3 to 4 minutes. Stir in the spinach, pulling it apart as you add it, and season with a little freshly grated nutmeg and salt, and pepper, to taste. When the spinach mixture is warmed through, transfer it to a small dish and reserve. Return the pot to the heat, add the butter and let it melt. Stir in the tomatoes and break them up with a spoon. Season with salt and pepper, to taste, add the basil leaves, and cook to thicken the sauce, about 7 to 8 minutes.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Drain the pasta and return it to the hot pot. To the pasta, add the spinach, reserved pasta cooking water, ricotta cheese, and half of the Parmigiano-Reggiano. Adjust the salt and pepper, to taste, and transfer it to a baking dish. Top the pasta mixture with the tomato sauce, mozzarella, and remaining Parmigiano.
- ☐ Bake until the cheeses are melted and bubbly, 6 to 8 minutes.
- ☐ Remove the shells from the oven and serve.

Nutrition Facts



 **PROTEIN 19.31%**  **FAT 39.12%**  **CARBS 41.57%**

Properties

Glycemic Index:73.33, Glycemic Load:25.65, Inflammation Score:-10, Nutrition Score:34.304347898649%

Flavonoids

Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 663.39kcal (33.17%), Fat: 29.01g (44.63%), Saturated Fat: 14.97g (93.58%), Carbohydrates: 69.36g (23.12%), Net Carbohydrates: 63.17g (22.97%), Sugar: 7.81g (8.67%), Cholesterol: 72.31mg (24.1%), Sodium: 810.05mg (35.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.23g (64.45%), Vitamin K: 199.59µg (190.09%), Vitamin A: 7437.27IU (148.75%), Selenium: 67.11µg (95.87%), Manganese: 1.33mg (66.42%), Calcium: 578.81mg (57.88%), Phosphorus: 526.07mg (52.61%), Folate: 117.29µg (29.32%), Magnesium: 116.79mg (29.2%), Vitamin C: 22.81mg (27.65%), Vitamin B2: 0.43mg (25.28%), Fiber: 6.18g (24.73%), Zinc: 3.7mg (24.7%), Potassium: 779.29mg (22.27%), Copper: 0.42mg (21.13%), Vitamin E: 3.12mg (20.82%), Vitamin B12: 1.21µg (20.17%), Vitamin B6: 0.38mg (19.13%), Iron: 2.91mg (16.17%), Vitamin B1: 0.2mg (13.53%), Vitamin B3: 2.51mg (12.57%), Vitamin B5: 0.74mg (7.44%), Vitamin D: 0.32µg (2.11%)