



Baked Shells with Pesto, Mozzarella, and Meat Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



936 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups canned tomatoes canned drained chopped (from one 28-ounce can)
- 1 tablespoon cooking oil
- 1 pound ground beef
- 1.5 cups mozzarella cheese grated
- 1 onion chopped
- 0.3 cup parmesan grated
- 0.8 pound shells
- 0.5 cup pesto homemade store-bought

- 1.5 teaspoons salt

Equipment

- frying pan
- oven
- pot
- baking pan

Directions

- Heat the oven to 400.
- Oil a large baking dish (about 9 by 13 inches).
- In a large stainless-steel frying pan, heat the oil over moderately low heat.
- Add the onion and cook, stirring occasionally, until starting to soften, about 3 minutes. Stir in the ground beef and cook, breaking it up, until the meat is no longer pink, about 2 minutes.
- Drain off any excess fat.
- Add the tomatoes and salt to the pan and bring to a simmer. Cook until most of the liquid evaporates, about 10 minutes.
- Remove the pan from the heat and stir in the pesto.
- Meanwhile, in a large pot of boiling, salted water, cook the shells until just done, about 10 minutes.
- Drain and toss with the sauce. Put half of the pasta into the prepared baking dish and top with half the mozzarella and 2 tablespoons of the Parmesan. Repeat with the remaining pasta, mozzarella, and Parmesan.
- Bake until bubbling, about 15 minutes.
- Variation: Almost any relatively soft, mild cheese will taste good here. You might try fontina in place of the mozzarella, or even Gouda or Havarti.
- Wine Recommendation: This robust dish with its meat and tomatoes calls for a gutsy red wine from Italy. A Chianti Classico Riserva's medium body, dried-cherry flavor, high acidity, and moderate tannins will fill the bill perfectly.

Nutrition Facts



■ PROTEIN 19.32% ■ FAT 48.59% ■ CARBS 32.09%

Properties

Glycemic Index:30.75, Glycemic Load:26.4, Inflammation Score:-8, Nutrition Score:28.713913212652%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

Nutrients (% of daily need)

Calories: 936.37kcal (46.82%), Fat: 50.12g (77.11%), Saturated Fat: 17.76g (111.01%), Carbohydrates: 74.48g (24.83%), Net Carbohydrates: 69.59g (25.31%), Sugar: 7.77g (8.63%), Cholesterol: 120.42mg (40.14%), Sodium: 1779.15mg (77.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.83g (89.67%), Selenium: 79.57µg (113.67%), Vitamin B12: 3.46µg (57.66%), Phosphorus: 562.74mg (56.27%), Zinc: 7.55mg (50.36%), Manganese: 0.94mg (46.76%), Calcium: 418.35mg (41.83%), Vitamin B3: 7.19mg (35.93%), Vitamin B6: 0.67mg (33.72%), Iron: 4.95mg (27.5%), Vitamin B2: 0.43mg (25.41%), Magnesium: 91.48mg (22.87%), Potassium: 799.43mg (22.84%), Vitamin A: 1098.64IU (21.97%), Copper: 0.42mg (20.79%), Fiber: 4.89g (19.54%), Vitamin C: 13.19mg (15.99%), Vitamin E: 2.09mg (13.91%), Vitamin B1: 0.21mg (13.8%), Vitamin B5: 1.2mg (11.99%), Folate: 41.45µg (10.36%), Vitamin K: 9.28µg (8.84%), Vitamin D: 0.31µg (2.08%)