



Baked Stuffed Shells

READY IN



45 min.

SERVINGS



6

CALORIES



432 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 28 ounce canned tomatoes organic crushed canned
- ☐ 18 jumbo shell pasta cooked
- ☐ 1 teaspoon basil dried
- ☐ 1 eggs lightly beaten
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 3 garlic clove minced
- ☐ 1 cup bell pepper green chopped (1 medium)

- ☐ 1 tablespoon olive oil
- ☐ 1.8 cups onion chopped (1 large)
- ☐ 1 teaspoon oregano dried
- ☐ 1 ounce parmesan fresh grated
- ☐ 2 tablespoons parmesan fresh grated
- ☐ 4 ounces part-skim mozzarella cheese shredded
- ☐ 1 cup bell pepper red chopped (1 medium)
- ☐ 0.3 cup red wine
- ☐ 0.1 teaspoon salt
- ☐ 6 sun-dried olives
- ☐ 14 ounce tofu firm reduced-fat
- ☐ 2 tablespoons tomato paste
- ☐ 0.8 pound diestel breakfast sausage low-fat
- ☐ 0.3 cup water boiling

Equipment

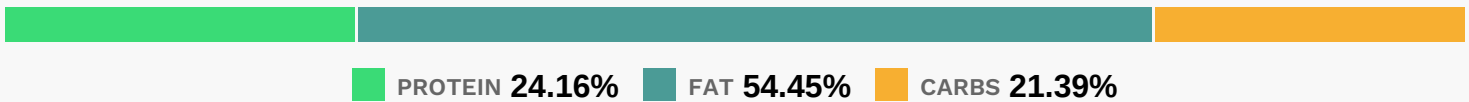
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ To prepare stuffing, combine 1/4 cup boiling water and sun-dried tomatoes in a small bowl; let stand 20 minutes or until tomatoes soften.
- ☐ Drain and finely chop.
- ☐ Combine tomatoes, mozzarella, and next 6 ingredients (through egg) in a food processor; process until smooth. Spoon 2 tablespoons stuffing into each shell. Set stuffed shells aside.

- ☐ To prepare sauce, heat oil in a large skillet over medium-high heat.
- ☐ Add onion, bell peppers, and garlic; saut 6 minutes or until tender.
- ☐ Place onion mixture in a bowl.
- ☐ Coat pan with cooking spray; return pan to heat.
- ☐ Add sausage, and cook 6 minutes or until browned, stirring to crumble.
- ☐ Add wine; cook until wine is reduced to 2 tablespoons (about 3 minutes). Stir in onion mixture, tomato paste, and next 5 ingredients (through tomatoes); bring to a simmer. Cook 25 minutes or until slightly thick.
- ☐ Spread 2 cups sauce over bottom of an 11 x 7-inch baking dish coated with cooking spray. Arrange stuffed shells in a single layer in pan; top with remaining sauce.
- ☐ Sprinkle 2 tablespoons Parmesan over sauce.
- ☐ Bake at 350 for 40 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:78.92, Glycemic Load:5.52, Inflammation Score:-9, Nutrition Score:23.669565055681%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 10.21mg, Quercetin: 10.21mg, Quercetin: 10.21mg, Quercetin: 10.21mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 431.68kcal (21.58%), Fat: 26.33g (40.51%), Saturated Fat: 8.97g (56.03%), Carbohydrates: 23.28g (7.76%), Net Carbohydrates: 17.66g (6.42%), Sugar: 11.45g (12.72%), Cholesterol: 84.55mg (28.18%), Sodium: 865.86mg (37.65%), Alcohol: 1.06g (100%), Alcohol %: 0.32% (100%), Protein: 26.28g (52.56%), Vitamin C: 71.09mg (86.17%), Calcium: 394.58mg (39.46%), Vitamin B6: 0.64mg (31.92%), Phosphorus: 309.83mg (30.98%), Vitamin A: 1541.32IU (30.83%), Vitamin K: 30.12µg (28.69%), Manganese: 0.54mg (26.77%), Vitamin B3: 5.17mg (25.84%), Potassium: 882.46mg (25.21%), Iron: 4.46mg (24.76%), Fiber: 5.62g (22.48%), Vitamin B1: 0.33mg (22.16%), Vitamin E: 3.03mg (20.18%), Copper: 0.4mg (19.92%), Vitamin B2: 0.32mg (18.75%), Zinc: 2.71mg (18.04%), Magnesium: 63.75mg (15.94%), Vitamin B12: 0.78µg (12.98%), Selenium: 8.91µg (12.73%), Folate: 50.85µg (12.71%), Vitamin B5: 1.14mg (11.4%), Vitamin D: 0.97µg (6.48%)