



Broccoli and Cheese Stuffed Shells

READY IN



60 min.

SERVINGS



9

CALORIES



185 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 18 jumbo elbow pasta uncooked (from 12-oz box)
- 12 oz broccoli frozen
- 1 cup ricotta cheese
- 2 oz parmesan shredded
- 1 teaspoon garlic powder
- 2 cups tomatoes organic
- 2 oz cheddar cheese shredded

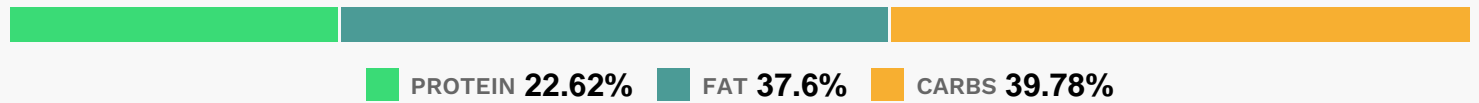
Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 375°F. Cook and drain pasta as directed on box; set aside.
- Meanwhile, cook broccoli as directed on bag. In medium bowl, stir broccoli, ricotta cheese, Parmesan cheese and garlic powder until well mixed. Stuff shells with about 2 tablespoons broccoli mixture each.
- Spread 1 cup pasta sauce on bottom of ungreased 13x9-inch baking dish.
- Place shells on top of sauce in baking dish. Spoon remaining 1 cup sauce over shells; sprinkle with Cheddar cheese.
- Bake 20 to 25 minutes or until bubbly and hot. Cool 5 minutes.

Nutrition Facts



Properties

Glycemic Index:22.78, Glycemic Load:6.56, Inflammation Score:-6, Nutrition Score:12.413478345975%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 184.73kcal (9.24%), Fat: 7.89g (12.14%), Saturated Fat: 4.64g (29%), Carbohydrates: 18.78g (6.26%), Net Carbohydrates: 16.44g (5.98%), Sugar: 3.16g (3.51%), Cholesterol: 24.64mg (8.21%), Sodium: 436.97mg (19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.68g (21.37%), Vitamin C: 37.53mg (45.49%), Vitamin K: 40.66µg (38.72%), Selenium: 18.66µg (26.66%), Calcium: 205.18mg (20.52%), Phosphorus: 187.38mg (18.74%), Manganese: 0.29mg (14.56%), Vitamin A: 706.18IU (14.12%), Vitamin B2: 0.19mg (11.3%), Potassium: 360.38mg (10.3%), Fiber: 2.34g (9.37%), Folate: 36.82µg (9.21%), Vitamin B6: 0.17mg (8.48%), Zinc: 1.23mg (8.23%), Magnesium: 32.35mg (8.09%), Vitamin E: 1.19mg (7.93%), Copper: 0.14mg (6.95%), Iron: 1.19mg (6.62%), Vitamin B5: 0.57mg (5.7%), Vitamin B3: 1.1mg (5.52%), Vitamin B1: 0.06mg (4.24%), Vitamin B12: 0.24µg (3.93%)