



Broccoli and Cheese Stuffed Shells

READY IN



60 min.

SERVINGS



9

CALORIES



246 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

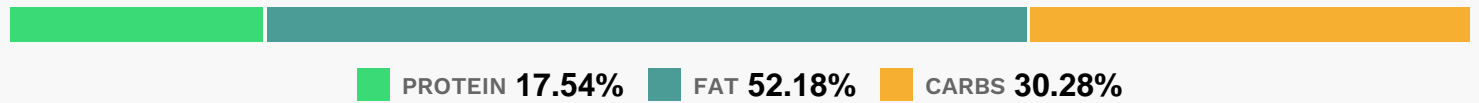
Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 375F. 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:19.22, Glycemic Load:6.07, Inflammation Score:-5, Nutrition Score:7.3286956419115%

Nutrients (% of daily need)

Calories: 245.96kcal (12.3%), Fat: 14.52g (22.34%), Saturated Fat: 6.11g (38.18%), Carbohydrates: 18.96g (6.32%), Net Carbohydrates: 17.6g (6.4%), Sugar: 4.03g (4.48%), Cholesterol: 28.04mg (9.35%), Sodium: 734.83mg (31.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.98g (21.96%), Selenium: 17.71µg (25.31%), Calcium: 214.41mg (21.44%), Phosphorus: 162.43mg (16.24%), Vitamin A: 673.3IU (13.47%), Manganese: 0.21mg (10.59%), Vitamin B2: 0.15mg (8.7%), Zinc: 1.08mg (7.2%), Potassium: 240.94mg (6.88%), Magnesium: 24.41mg (6.1%), Copper: 0.12mg (6.03%), Vitamin E: 0.9mg (5.97%), Fiber: 1.36g (5.43%), Vitamin B6: 0.1mg (5.18%), Iron: 0.92mg (5.09%), Vitamin C: 3.82mg (4.62%), Vitamin B3: 0.86mg (4.32%), Vitamin B12: 0.24µg (3.93%), Vitamin B5: 0.35mg (3.53%), Folate: 13.01µg (3.25%), Vitamin B1: 0.04mg (2.45%), Vitamin K: 2.1µg (2%)