



Cheese and Bacon-Stuffed Pasta Shells

READY IN



60 min.

SERVINGS



4

CALORIES



820 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 slices bacon smoked chopped
- 1 cup breadcrumbs fresh
- 5 ounces buffalo mozzarella cheese fresh
- 8 ounce cream cheese softened
- 0.3 cup parsley fresh chopped
- 1 teaspoon rosemary leaves fresh chopped
- 1 clove garlic minced
- 4 servings pepper black to taste
- 8 ounce elbow pasta

- 1 tablespoon olive oil
- 1 small onion chopped
- 3 cups tomato purée

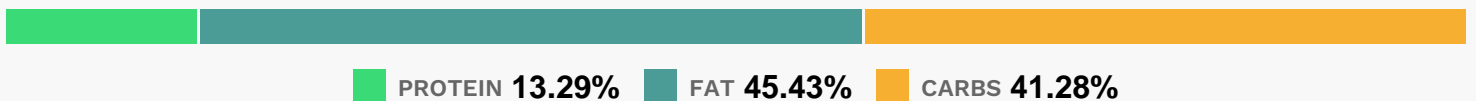
Equipment

- bowl
- frying pan
- oven
- pot
- casserole dish

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Bring a large pot of lightly salted water to a boil.
- Add the pasta and cook until al dente, about 8 minutes.
- Drain, and cool.
- Heat olive oil in a skillet over medium heat. Cook the bacon, onion, and garlic until bacon starts to crisp and onion and garlic have softened, about 5 minutes.
- Remove from heat and drain.
- Mix the bread crumbs, cream cheese, parsley, and the bacon mixture in a large bowl; season with pepper to taste.
- Pour the tomato puree into a large, shallow casserole dish; stir in the rosemary.
- Spoon the bacon and breadcrumb mixture equally into the pasta shells. Arrange the stuffed shells in the casserole dish. Coarsely chop the mozzarella and scatter over the pasta shells.
- Bake in preheated oven until cheese is melted and sauce bubbles, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:18.34, Inflammation Score:-10, Nutrition Score:34.81782613889%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 11.67mg, Quercetin: 11.67mg, Quercetin: 11.67mg, Quercetin: 11.67mg

Nutrients (% of daily need)

Calories: 819.65kcal (40.98%), Fat: 41.95g (64.53%), Saturated Fat: 20.05g (125.31%), Carbohydrates: 85.76g (28.59%), Net Carbohydrates: 78.53g (28.56%), Sugar: 15.91g (17.68%), Cholesterol: 98.72mg (32.91%), Sodium: 727.7mg (31.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.6g (55.21%), Calcium: 954.14mg (95.41%), Selenium: 53.51µg (76.45%), Vitamin K: 73.56µg (70.06%), Vitamin A: 3134.74IU (62.69%), Manganese: 1.16mg (58.15%), Copper: 0.83mg (41.61%), Potassium: 1234.65mg (35.28%), Iron: 6.15mg (34.15%), Vitamin E: 5.07mg (33.83%), Vitamin B3: 6.65mg (33.24%), Vitamin C: 27.35mg (33.15%), Phosphorus: 331.23mg (33.12%), Vitamin B1: 0.45mg (29.86%), Fiber: 7.23g (28.91%), Vitamin B2: 0.46mg (26.92%), Magnesium: 98.6mg (24.65%), Vitamin B6: 0.49mg (24.25%), Folate: 74.91µg (18.73%), Vitamin B5: 1.75mg (17.46%), Zinc: 2.52mg (16.81%), Vitamin B12: 0.33µg (5.49%)