



Cheese- and Vegetable-Stuffed Shells

READY IN



80 min.

SERVINGS



4

CALORIES



396 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 jumbo elbow pasta uncooked
- 1 tablespoon vegetable oil
- 0.5 cup onion chopped
- 0.5 cup bell pepper chopped (any color)
- 2 cloves garlic finely chopped
- 0.8 cup zucchini diced
- 2.3 oz olives ripe drained sliced canned
- 14 oz pasta sauce
- 0.5 cup ricotta cheese

- 1 eggs
- 4 oz mozzarella cheese shredded italian
- 0.3 cup parmesan cheese grated

Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 350°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. Cook and drain pasta shells as directed on package.
- Meanwhile, in 10-inch skillet, heat oil over medium heat until hot. Cook onion, bell pepper and garlic in oil 2 to 3 minutes, stirring occasionally, until crisp-tender.
- Add zucchini; cook 4 minutes, stirring occasionally.
- Stir in olives and 1/4 cup of the pasta sauce. Cook, stirring frequently, until hot.
- Remove from heat.
- In medium bowl, mix ricotta cheese, egg, Parmesan cheese and 1/2 cup of the shredded cheese blend. Stir in zucchini mixture until well mixed.
- Fill each cooked pasta shell with about 2 tablespoons zucchini mixture.
- Place in baking dish.
- Pour remaining pasta sauce over shells.
- Cover with foil; bake 30 minutes.
- Sprinkle with remaining 1/2 cup shredded cheese.
- Bake uncovered 5 to 10 minutes longer or until bubbly and cheese is melted.

Nutrition Facts



■ PROTEIN 19.21% ■ FAT 44.6% ■ CARBS 36.19%

Properties

Glycemic Index:61.25, Glycemic Load:12.59, Inflammation Score:-8, Nutrition Score:18.658695770347%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 395.77kcal (19.79%), Fat: 19.93g (30.67%), Saturated Fat: 8.62g (53.91%), Carbohydrates: 36.4g (12.13%), Net Carbohydrates: 32.37g (11.77%), Sugar: 7.12g (7.91%), Cholesterol: 84.56mg (28.19%), Sodium: 1053.45mg (45.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.32g (38.64%), Selenium: 36.22µg (51.74%), Vitamin C: 36.9mg (44.72%), Phosphorus: 320.42mg (32.04%), Vitamin A: 1565.55IU (31.31%), Calcium: 309.99mg (31%), Manganese: 0.53mg (26.56%), Vitamin B2: 0.34mg (20.12%), Vitamin E: 2.91mg (19.42%), Potassium: 588.72mg (16.82%), Vitamin B6: 0.33mg (16.5%), Zinc: 2.45mg (16.32%), Fiber: 4.03g (16.13%), Vitamin B12: 0.93µg (15.57%), Magnesium: 54.98mg (13.75%), Copper: 0.27mg (13.68%), Iron: 2.14mg (11.91%), Vitamin K: 12.44µg (11.84%), Folate: 44.41µg (11.1%), Vitamin B3: 1.96mg (9.8%), Vitamin B5: 0.88mg (8.83%), Vitamin B1: 0.11mg (7.15%), Vitamin D: 0.43µg (2.84%)