



Cheese-Stuffed Shells in Marinara Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



149 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 large eggs
- 1 cup whole-milk ricotta cheese fat free reduced-fat
- 0.3 teaspoon pepper black
- 15 ounce tomatoes refrigerated
- 0.5 cup parmesan shredded refrigerated
- 12 jumbo shells dried whole-wheat prepared
- 1 cup mozzarella cheese shredded divided

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F.
- Combine 3/4 cup mozzarella cheese, ricotta cheese, Parmesan cheese, egg and pepper in medium bowl. Stuff each shell evenly with cheese mixture; place in ungreased 12 x 7 1/2-inch baking dish.
- Pour sauce over shells.
- Bake for 25 minutes or until bubbly. Top with remaining 1/4 cup mozzarella cheese.
- Bake for an additional 5 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:1.9, Inflammation Score:-4, Nutrition Score:7.1934782888578%

Nutrients (% of daily need)

Calories: 149.44kcal (7.47%), Fat: 6.16g (9.48%), Saturated Fat: 3.55g (22.2%), Carbohydrates: 9.44g (3.15%), Net Carbohydrates: 8.29g (3.01%), Sugar: 4.2g (4.66%), Cholesterol: 55.17mg (18.39%), Sodium: 640.01mg (27.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.96g (25.92%), Calcium: 325.62mg (32.56%), Phosphorus: 183.81mg (18.38%), Selenium: 8.81µg (12.59%), Vitamin A: 507.21IU (10.14%), Vitamin B2: 0.17mg (9.98%), Vitamin E: 1.16mg (7.7%), Potassium: 250.91mg (7.17%), Zinc: 1.04mg (6.91%), Vitamin C: 4.96mg (6.01%), Manganese: 0.11mg (5.53%), Vitamin B12: 0.33µg (5.45%), Iron: 0.97mg (5.39%), Vitamin B6: 0.11mg (5.37%), Magnesium: 20.79mg (5.2%), Copper: 0.1mg (5.09%), Fiber: 1.15g (4.59%), Vitamin B5: 0.41mg (4.09%), Vitamin B3: 0.79mg (3.93%), Folate: 12.93µg (3.23%), Vitamin K: 2.59µg (2.46%), Vitamin B1: 0.03mg (1.92%), Vitamin D: 0.26µg (1.76%)