



Cheesy Monster Eyes

READY IN



90 min.

SERVINGS



6

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons basil dried
- ☐ 1 eggs slightly beaten
- ☐ 0.3 teaspoon garlic powder
- ☐ 18 jumbo shells (from 12-oz package)
- ☐ 18 meatballs frozen italian-style cooked (from 16-oz bag)
- ☐ 4 olives pitted ripe sliced
- ☐ 0.3 cup parmesan cheese grated
- ☐ 26 oz pasta sauce
- ☐ 6 servings bell pepper

- ☐ 15 oz ricotta cheese
- ☐ 4 oz mozzarella cheese shredded

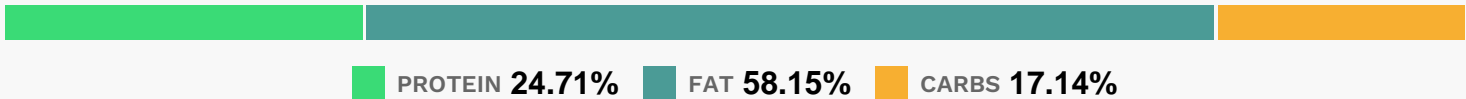
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350F. Spray bottom only of 13x9-inch (3-quart) glass baking dish with cooking spray. Cook pasta as directed on package; drain. Rinse with cold water to cool; drain well.
- ☐ Meanwhile, reserve 1 tablespoon pasta sauce; pour remaining sauce into baking dish. In medium bowl, mix egg, ricotta, mozzarella and Parmesan cheeses, the basil and garlic powder.
- ☐ Fill each cooked pasta shell with about 2 tablespoons cheese mixture. Arrange filled shells, cheese mixture up, in dish over sauce. Press 1 meatball into cheese mixture in each shell to resemble eye.
- ☐ Bake 45 to 50 minutes or until bubbly.
- ☐ Let stand 5 minutes before serving. Use drop of reserved pasta sauce to attach ripe olive slice to each meatball to resemble pupil of eye. To create a face, arrange eyes on each plate with red pepper mouth, grape nose, lettuce and sugar snap peas eyebrows and green onion hair.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:4.64, Inflammation Score:-10, Nutrition Score:25.112608878509%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

0.17mg

Nutrients (% of daily need)

Calories: 383.55kcal (19.18%), Fat: 25.25g (38.84%), Saturated Fat: 12.71g (79.44%), Carbohydrates: 16.75g (5.58%), Net Carbohydrates: 13.02g (4.73%), Sugar: 8.02g (8.91%), Cholesterol: 112.22mg (37.41%), Sodium: 912.27mg (39.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.15g (48.29%), Vitamin C: 104.26mg (126.37%), Vitamin A: 3399.22IU (67.98%), Selenium: 30.3µg (43.29%), Phosphorus: 353.07mg (35.31%), Calcium: 320.97mg (32.1%), Vitamin B2: 0.49mg (28.68%), Vitamin B6: 0.56mg (28.15%), Vitamin B1: 0.4mg (26.68%), Vitamin E: 3.3mg (22%), Potassium: 767.23mg (21.92%), Zinc: 3.1mg (20.67%), Vitamin B3: 3.95mg (19.73%), Vitamin B12: 1.09µg (18.12%), Folate: 62.66µg (15.67%), Iron: 2.73mg (15.15%), Fiber: 3.73g (14.91%), Manganese: 0.3mg (14.8%), Vitamin K: 14.15µg (13.48%), Magnesium: 53.61mg (13.4%), Vitamin B5: 1.22mg (12.17%), Copper: 0.22mg (10.81%), Vitamin D: 0.38µg (2.57%)