



Cheesy Monster Eyes

READY IN



90 min.

SERVINGS



6

CALORIES



364 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
- 15 oz ricotta cheese

4 oz mozzarella cheese shredded

Equipment

bowl

oven

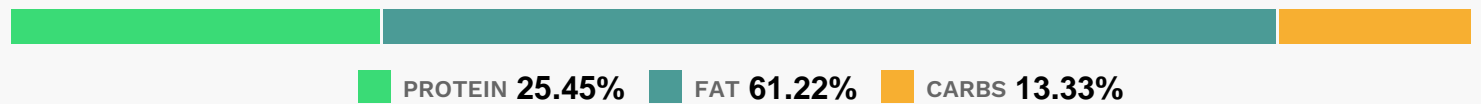
baking pan

glass baking pan

Directions

- Heat oven to 350°F. 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:24.33, Glycemic Load:3.7, Inflammation Score:-7, Nutrition Score:16.313043418138%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 364.18kcal (18.21%), Fat: 25.02g (38.5%), Saturated Fat: 12.67g (79.16%), Carbohydrates: 12.25g (4.08%), Net Carbohydrates: 10.09g (3.67%), Sugar: 4.89g (5.44%), Cholesterol: 112.22mg (37.41%), Sodium: 909.29mg (39.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.41g (46.82%), Selenium: 30.23µg (43.18%), Phosphorus: 333.7mg (33.37%), Calcium: 315.75mg (31.58%), Vitamin B2: 0.42mg (24.96%), Vitamin B1: 0.36mg (24%), Vitamin A: 1066.62IU (21.33%), Zinc: 2.91mg (19.43%), Vitamin B12: 1.09µg (18.12%), Potassium: 610.03mg (17.43%), Vitamin B6: 0.35mg (17.31%), Vitamin B3: 3.22mg (16.08%), Vitamin E: 2.12mg (14.15%), Iron: 2.41mg (13.37%), Magnesium: 44.67mg (11.17%), Vitamin C: 8.9mg (10.78%), Manganese: 0.21mg (10.63%), Copper: 0.2mg (10.18%), Vitamin K: 10.5µg (10%), Vitamin B5: 0.98mg (9.81%), Fiber: 2.16g (8.65%), Folate: 28.39µg (7.1%), Vitamin D: 0.38µg (2.57%)