



Cheesy Stuffed Shells

READY IN



55 min.

SERVINGS



55

CALORIES



20 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 20 jumbo shells cooked
- 16 oz knudsen milkfat cottage cheese 2% low fat
- 10 oz pkt spinach frozen thawed drained chopped well
- 1 tsp penzey's southwest seasoning dried italian
- 0.3 cup parmesan cheese grated kraft
- 24 oz classico family favorites pasta sauce traditional
- 1 cup milk mozzarella cheese shredded 2% divided kraft
- 1 large tomatoes chopped

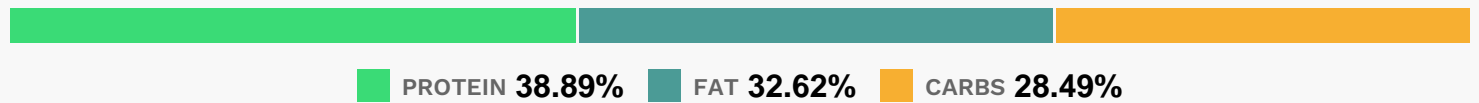
Equipment

- oven
- baking pan

Directions

- Heat oven to 400F.
- Mix pasta sauce and tomatoes until blended; spread half onto bottom of 13x9-inch baking dish sprayed with cooking spray.
- Combine cottage cheese, spinach, Parmesan, seasoning and 1/2 cup mozzarella; spoon into pasta shells.
- Place in prepared baking dish; top with remaining pasta sauce mixture. Cover.
- Bake 25 min. or until heated through. Top with remaining mozzarella; bake, uncovered, 2 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:2.97, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:2.9900000124522%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 19.68kcal (0.98%), Fat: 0.74g (1.15%), Saturated Fat: 0.4g (2.5%), Carbohydrates: 1.46g (0.49%), Net Carbohydrates: 1.07g (0.39%), Sugar: 0.81g (0.9%), Cholesterol: 2.33mg (0.78%), Sodium: 116.83mg (5.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (3.99%), Vitamin K: 20.05µg (19.09%), Vitamin A: 707.18IU (14.14%), Manganese: 0.06mg (2.87%), Calcium: 28.59mg (2.86%), Phosphorus: 28.06mg (2.81%), Folate: 10.35µg (2.59%), Selenium: 1.73µg (2.47%), Vitamin B2: 0.04mg (2.44%), Vitamin E: 0.36mg (2.39%), Potassium: 72.47mg (2.07%), Vitamin C: 1.6mg (1.94%), Magnesium: 7.22mg (1.8%), Vitamin B12: 0.1µg (1.74%), Fiber: 0.4g (1.58%), Vitamin B6: 0.03mg (1.54%), Iron: 0.26mg (1.47%), Copper: 0.03mg (1.34%), Zinc: 0.17mg (1.17%)