



Cheesy Stuffed Shells

 Popular

READY IN



60 min.

SERVINGS



8

CALORIES



495 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 eggs
- ☐ 3 cloves garlic crushed
- ☐ 0.5 pound sausage italian
- ☐ 0.5 juice of lemon juiced
- ☐ 16 ounce shells
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 cup ricotta cheese

- ☐ 8 servings salt and pepper to taste
- ☐ 2 cups mozzarella cheese shredded
- ☐ 2 cups spaghetti sauce
- ☐ 10 ounce spinach – frozen dry thawed drained chopped

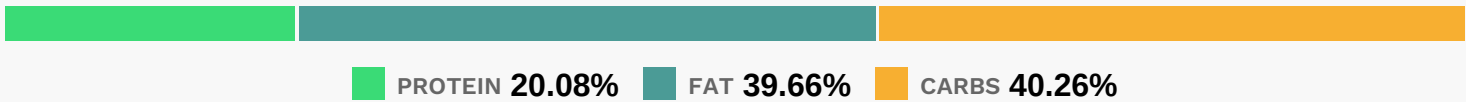
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add shells and cook for 8 to 10 minutes or until al dente; drain and rinse in cold water.
- ☐ Place sausage in a large, deep skillet. Cook over medium–high heat until evenly brown.
- ☐ Drain and crumble. In a large bowl, combine cooked sausage, spinach, ricotta cheese, egg, garlic, lemon juice and Parmesan cheese. Season with salt, pepper and oregano.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Stuff pasta shells with the sausage and cheese mixture and place in a 9x13 inch baking dish. Top with spaghetti sauce and mozzarella cheese.
- ☐ Bake in preheated oven for 20 minutes or until the pasta is heated through and the cheese is melted.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:18.65, Inflammation Score:-10, Nutrition Score:27.740000268687%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 494.8kcal (24.74%), Fat: 21.82g (33.57%), Saturated Fat: 10.31g (64.41%), Carbohydrates: 49.84g (16.61%), Net Carbohydrates: 45.99g (16.72%), Sugar: 4.38g (4.87%), Cholesterol: 82.65mg (27.55%), Sodium: 985.31mg (42.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.86g (49.72%), Vitamin K: 135.45µg (129%), Vitamin A: 4806.85IU (96.14%), Selenium: 57.56µg (82.23%), Manganese: 0.89mg (44.58%), Phosphorus: 362.18mg (36.22%), Calcium: 311.84mg (31.18%), Vitamin B2: 0.38mg (22.27%), Magnesium: 81.28mg (20.32%), Zinc: 3.04mg (20.28%), Folate: 78.53µg (19.63%), Vitamin B1: 0.28mg (18.56%), Vitamin B12: 1.09µg (18.22%), Vitamin B6: 0.34mg (16.91%), Potassium: 577.91mg (16.51%), Copper: 0.33mg (16.37%), Fiber: 3.84g (15.37%), Iron: 2.75mg (15.27%), Vitamin E: 2.16mg (14.4%), Vitamin B3: 2.76mg (13.78%), Vitamin C: 7.88mg (9.56%), Vitamin B5: 0.82mg (8.22%), Vitamin D: 0.3µg (2%)