



Chicken and Cheese Stuffed Jumbo Shells

READY IN

ready

75 min.

SERVINGS

servings

6

CALORIES

calories

686 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 29 ounce tomato sauce canned
- ☐ 0.5 teaspoon basil dried
- ☐ 1 cup bread crumbs dry
- ☐ 1 eggs
- ☐ 12 ounce shells
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 6 servings salt and pepper to taste
- ☐ 8 ounces cheddar cheese shredded

- ☐ 8 ounces mozzarella cheese shredded
- ☐ 4 chicken breast halves boneless skinless cubed

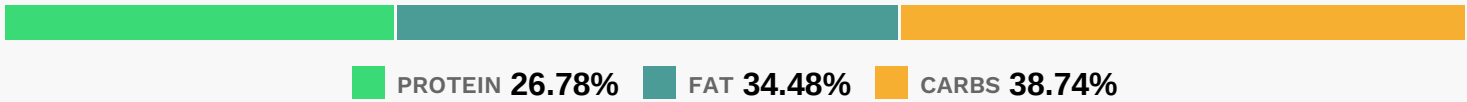
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain. Separate shells and let stand, so they are not touching, on waxed paper or foil.
- ☐ In large skillet over medium heat, combine chicken, onion, egg and bread crumbs. Cook until chicken is no longer pink. Season with oregano, basil, salt and pepper. Stir in three-quarters of the shredded mozzarella and cheddar; cook until cheeses melt.
- ☐ Fill shells with chicken mixture, using a tablespoon, and place in a 9 x 13 baking dish. Cover the shells with the tomato sauce and top with the reserved cheese. Cover with foil and bake 45 minutes, or until lightly browned and bubbly.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:20.22, Inflammation Score:-8, Nutrition Score:30.484782675038%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 686.29kcal (34.31%), Fat: 26.2g (40.31%), Saturated Fat: 13.33g (83.3%), Carbohydrates: 66.24g (22.08%), Net Carbohydrates: 61.15g (22.23%), Sugar: 8.83g (9.82%), Cholesterol: 143.15mg (47.72%), Sodium: 1561.29mg (67.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.78g (91.56%), Selenium: 84.78µg (121.11%), Phosphorus: 659.3mg (65.93%), Vitamin B3: 11.47mg (57.35%), Calcium: 538.9mg (53.89%), Manganese: 0.9mg (45.05%), Vitamin B6: 0.88mg (43.91%), Vitamin B2: 0.58mg (34.41%), Zinc: 4.43mg (29.51%), Potassium: 946.46mg (27.04%), Vitamin A: 1293.6IU (25.87%), Vitamin B12: 1.54µg (25.69%), Magnesium: 99.46mg (24.86%), Vitamin B1: 0.34mg (22.68%), Vitamin B5: 2.19mg (21.87%), Copper: 0.42mg (20.98%), Iron: 3.73mg (20.73%), Fiber: 5.09g (20.37%), Vitamin E: 2.67mg (17.79%), Folate: 62.98µg (15.74%), Vitamin C: 11.86mg (14.37%), Vitamin K: 9.57µg (9.11%), Vitamin D: 0.6µg (4%)