



 **67%**
HEALTH SCORE

Chicken- and Spinach-Stuffed Shells

 Very Healthy

READY IN



70 min.

SERVINGS



6

CALORIES



601 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 18 large shells (from 16-oz package)
- 15 oz ricotta cheese
- 1 large eggs slightly beaten
- 0.3 cup parmesan cheese grated
- 2 cups bay leaves frozen thawed
- 1 cup roasted chicken cooked chopped
- 26 oz pasta sauce
- 8 oz pizza cheese shredded italian

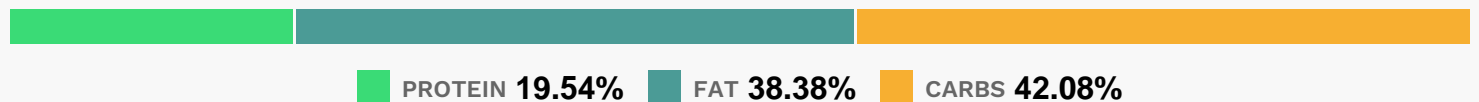
Equipment

- bowl
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 350°F. Cook and drain pasta as directed on package. Rinse with cool water; drain.
- Meanwhile, in medium bowl, mix ricotta cheese, egg, Parmesan cheese, spinach and chicken.
- Spread 1 cup of the pasta sauce in bottom of 13x9-inch (3-quart) glass baking dish. Spoon about 2 tablespoons ricotta mixture into each pasta shell. Arrange shells, filled sides up, on sauce in baking dish. Spoon remaining sauce over stuffed shells.
- Cover dish with foil; bake 30 minutes.
- Sprinkle with Italian cheese blend.
- Bake uncovered 5 to 10 minutes longer or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:3.59, Inflammation Score:-10, Nutrition Score:41.300000045611%

Nutrients (% of daily need)

Calories: 600.53kcal (30.03%), Fat: 29.16g (44.86%), Saturated Fat: 10.58g (66.1%), Carbohydrates: 71.94g (23.98%), Net Carbohydrates: 49.26g (17.91%), Sugar: 4.68g (5.2%), Cholesterol: 95.83mg (31.94%), Sodium: 834.22mg (36.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.42g (66.83%), Manganese: 6.61mg (330.69%), Iron: 35.85mg (199.14%), Vitamin A: 5815.58IU (116.31%), Calcium: 942.15mg (94.22%), Fiber: 22.68g (90.72%), Vitamin B6: 1.64mg (82.03%), Vitamin C: 45.27mg (54.87%), Folate: 167.39µg (41.85%), Vitamin B2: 0.64mg (37.57%), Selenium: 24.87µg (35.54%), Phosphorus: 327.65mg (32.77%), Magnesium: 129.81mg (32.45%),

Zinc: 4.7mg (31.3%), Potassium: 935.75mg (26.74%), Copper: 0.51mg (25.69%), Vitamin B3: 4.77mg (23.86%),
Vitamin E: 1.96mg (13.06%), Vitamin B5: 0.91mg (9.12%), Vitamin B12: 0.44µg (7.32%), Vitamin B1: 0.07mg (4.49%),
Vitamin K: 4.32µg (4.11%), Vitamin D: 0.33µg (2.19%)