



## Chicken- and Spinach-Stuffed Shells

READY IN



70 min.

SERVINGS



6

CALORIES



356 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

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

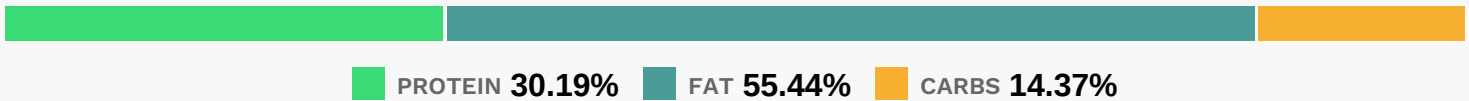
# Equipment

- ☐ 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:24.33, Glycemic Load:3.63, Inflammation Score:-8, Nutrition Score:16.077391292738%

# Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

# Nutrients (% of daily need)

Calories: 355.99kcal (17.8%), Fat: 22.61g (34.78%), Saturated Fat: 8.78g (54.91%), Carbohydrates: 13.18g (4.39%), Net Carbohydrates: 11.02g (4.01%), Sugar: 4.72g (5.25%), Cholesterol: 95.83mg (31.94%), Sodium: 823.98mg

(35.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.7g (55.4%), Vitamin K: 52.62µg (50.11%), Vitamin A: 1875.63IU (37.51%), Selenium: 22.77µg (32.52%), Calcium: 294.34mg (29.43%), Phosphorus: 243.44mg (24.34%), Vitamin B2: 0.33mg (19.15%), Potassium: 574.37mg (16.41%), Vitamin B3: 3.26mg (16.31%), Vitamin E: 2.16mg (14.41%), Vitamin B6: 0.29mg (14.39%), Vitamin C: 11.41mg (13.83%), Manganese: 0.26mg (13.14%), Iron: 2.21mg (12.25%), Zinc: 1.83mg (12.2%), Folate: 44.83µg (11.21%), Magnesium: 43.07mg (10.77%), Copper: 0.2mg (9.94%), Vitamin B5: 0.92mg (9.18%), Fiber: 2.16g (8.63%), Vitamin B12: 0.44µg (7.32%), Vitamin B1: 0.07mg (4.54%), Vitamin D: 0.33µg (2.19%)