



 **76%**
HEALTH SCORE

Creamy Pesto-Stuffed Shells

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



2355 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 Tbsp classico basil pesto sauce and spread traditional
- 8 oz philadelphia cream cheese spread
- 24 jumbo shells uncooked
- 1 lb ground beef lean
- 0.3 cup milk divided
- 1 small onion chopped
- 0.3 cup parmesan cheese grated kraft
- 1 cup polly-o natural part skim ricotta cheese

- 2 cups classico family favorites pasta sauce traditional
- 1 cup mozzarella cheese shredded with a touch of philadelphia, divided kraft

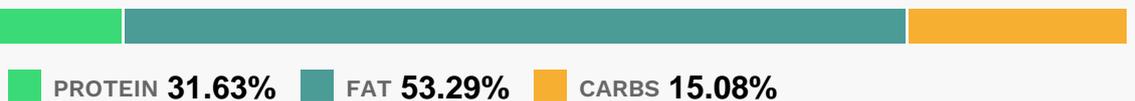
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 350F.
- Cook pasta shells as directed on package, omitting salt.
- Meanwhile, brown beef with onions in large skillet; drain.
- Remove from heat.
- Mix cream cheese spread, 2 Tbsp. milk and pesto until blended; stir 3/4 cup into meat.
- Add ricotta, 1/2 cup mozzarella and Parmesan; mix well.
- Drain shells; stuff with meat mixture.
- Spread 1 cup sauce onto bottom of 13x9-inch baking dish; top with shells and remaining sauce. Cover.
- Bake 25 min.
- Mix remaining cream cheese mixture and milk; drizzle over shells. Top with remaining mozzarella; bake, uncovered, 5 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:179, Glycemic Load:18.79, Inflammation Score:-10, Nutrition Score:68.237391471863%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin:

3.51mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.21mg, Quercetin: 14.21mg, Quercetin: 14.21mg, Quercetin: 14.21mg

Nutrients (% of daily need)

Calories: 2354.71kcal (117.74%), Fat: 138.43g (212.97%), Saturated Fat: 75.97g (474.84%), Carbohydrates: 88.09g (29.36%), Net Carbohydrates: 78.3g (28.47%), Sugar: 33.92g (37.69%), Cholesterol: 618.67mg (206.22%), Sodium: 5431.97mg (236.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 184.87g (369.75%), Selenium: 167.75µg (239.64%), Vitamin B12: 14.1µg (235%), Zinc: 32.55mg (217%), Phosphorus: 2166.5mg (216.65%), Calcium: 1987.21mg (198.72%), Vitamin B3: 30.66mg (153.29%), Vitamin A: 6906.97IU (138.14%), Vitamin B6: 2.52mg (126.24%), Vitamin B2: 2.03mg (119.31%), Potassium: 3713.07mg (106.09%), Iron: 17.83mg (99.05%), Magnesium: 268.68mg (67.17%), Vitamin E: 8.91mg (59.41%), Vitamin B5: 5.68mg (56.83%), Copper: 1.12mg (55.83%), Manganese: 0.96mg (48.11%), Vitamin C: 39.48mg (47.85%), Fiber: 9.79g (39.15%), Vitamin B1: 0.48mg (32.26%), Folate: 125.98µg (31.49%), Vitamin K: 20.3µg (19.34%), Vitamin D: 1.95µg (12.97%)