



Crispy Topped Stuffed Shells

READY IN



40 min.

SERVINGS



40

CALORIES



36 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 18 jumbo shells cooked
- 10 oz pkt spinach frozen thawed drained chopped well
- 0.3 tsp garlic powder
- 0.8 cup italian* five cheese blend shredded kraft finely
- 2 tsp penzey's southwest seasoning dried italian
- 0.3 cup parmesan cheese grated kraft
- 24 oz classico family favorites pasta sauce traditional
- 15 oz polly-o original ricotta cheese
- 1 pkt. shake n bake seasoned panko seasoned coating mix

1 large tomatoes chopped

Equipment

oven

baking pan

Directions

Heat oven to 400F.

Pour half the sauce into 13x9-inch baking dish.

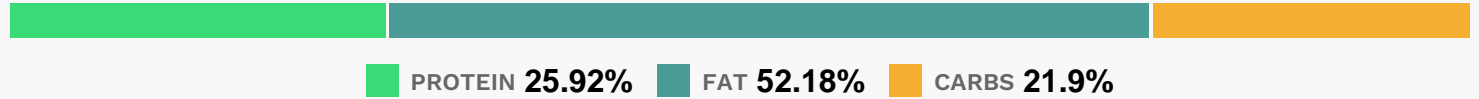
Mix coating mix, shredded cheese, Parmesan and seasonings until blended.

Combine ricotta, spinach and 1 cup shredded cheese mixture; spoon into shells.

Place over sauce in dish; top with tomatoes and remaining sauce. Cover.

Bake 10 min. Top with remaining shredded cheese mixture; bake, uncovered, 15 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:4.21, Glycemic Load:0.49, Inflammation Score:-6, Nutrition Score:4.0547826225343%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 35.84kcal (1.79%), Fat: 2.19g (3.37%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 2.07g (0.69%), Net Carbohydrates: 1.5g (0.55%), Sugar: 0.81g (0.9%), Cholesterol: 6.39mg (2.13%), Sodium: 119.68mg (5.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.89%), Vitamin K: 27.89µg (26.56%), Vitamin A: 996.87IU (19.94%), Calcium: 45.2mg (4.52%), Manganese: 0.08mg (4.03%), Folate: 14.06µg (3.51%), Selenium: 2.42µg (3.45%), Vitamin E: 0.51mg (3.38%), Phosphorus: 30.39mg (3.04%), Vitamin B2: 0.05mg (3.02%), Potassium: 99.7mg (2.85%), Vitamin C: 2.21mg (2.67%), Magnesium: 10.09mg (2.52%), Fiber: 0.56g (2.25%), Iron: 0.39mg (2.18%), Vitamin B6: 0.04mg (1.95%), Copper: 0.04mg (1.8%), Zinc: 0.24mg (1.6%), Vitamin B3: 0.25mg (1.25%)