



Easy Italian Stuffed Shells and Meatballs

 Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 ounce mushrooms drained sliced canned
- 28 ounce tomato sauce canned
- 14.5 ounce canned tomatoes italian-style canned
- 1 tablespoon basil dried
- 1 tablespoon penzey's southwest seasoning italian
- 24 meatballs frozen thawed cooked
- 2 teaspoons olive oil
- 1 small onion minced

- 2 teaspoons oregano dried
- 4 cups provolone cheese shredded
- 12 ricotta-stuffed frozen
- 6 ounce tomato paste canned

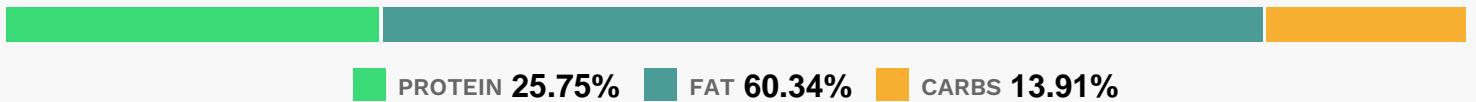
Equipment

- sauce pan
- oven
- aluminum foil

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Heat the olive oil in a saucepan over medium heat. Stir in the onion, and cook until translucent, about two minutes. Stir in the tomato paste, tomato sauce, stewed tomatoes, Italian seasoning, basil, oregano, mushrooms, and 2 cups of the provolone. Cook until the cheese has melted, stirring occasionally. While the sauce is cooking, place the frozen shells and meatballs in the bottom of a 9x13 inch glass dish.
- Pour the sauce over the shells, then sprinkle on the remaining 2 cups of provolone. Cover the top of the dish with foil.
- Bake in the preheated oven until the pasta has cooked through, and the cheese has melted, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:2.52, Inflammation Score:-7, Nutrition Score:14.430434895598%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 274.84kcal (13.74%), Fat: 18.85g (29%), Saturated Fat: 9.97g (62.34%), Carbohydrates: 9.78g (3.26%), Net Carbohydrates: 7.07g (2.57%), Sugar: 5.27g (5.85%), Cholesterol: 51.03mg (17.01%), Sodium: 759.74mg (33.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.1g (36.2%), Calcium: 386.32mg (38.63%), Phosphorus: 312.91mg (31.29%), Selenium: 14.61µg (20.87%), Vitamin B1: 0.28mg (18.6%), Vitamin B2: 0.29mg (17%), Zinc: 2.46mg (16.37%), Vitamin A: 799.51IU (15.99%), Vitamin K: 16.2µg (15.43%), Vitamin B6: 0.3mg (15.15%), Potassium: 520.95mg (14.88%), Vitamin B12: 0.84µg (14.03%), Vitamin B3: 2.76mg (13.79%), Iron: 2.42mg (13.44%), Vitamin E: 1.93mg (12.87%), Manganese: 0.25mg (12.67%), Vitamin C: 9.73mg (11.8%), Copper: 0.23mg (11.4%), Magnesium: 43.93mg (10.98%), Fiber: 2.71g (10.84%), Vitamin B5: 0.84mg (8.41%), Folate: 23.36µg (5.84%), Vitamin D: 0.24µg (1.62%)