



Four-Cheese Stuffed Shells with Smoky Marinara

 Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



835 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounces asiago cheese shredded
- ☐ 0.3 teaspoon pepper black
- ☐ 12 ounce cottage cheese 1% low-fat
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 pound elbow pasta uncooked (40 shells)
- ☐ 6 cups tomatoes divided

- ☐ 3 ounces parmesan fresh grated
- ☐ 4 ounces part-skim mozzarella cheese shredded divided
- ☐ 15 ounce ricotta cheese
- ☐ 0.3 teaspoon salt
- ☐ 10 ounce spinach frozen dry thawed drained chopped

Equipment

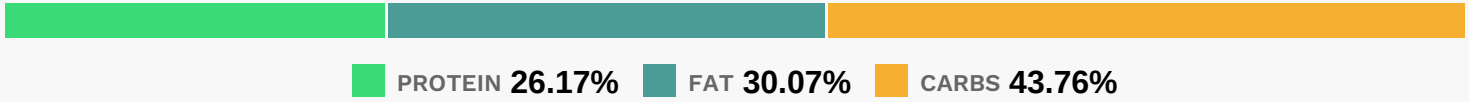
- ☐ food processor
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain and set aside.
- ☐ Preheat oven to 37
- ☐ Coat 2 (13 x 9-inch) baking dishes with cooking spray; set aside.
- ☐ Place cottage cheese and ricotta cheese in a food processor; process until smooth.
- ☐ Combine cottage cheese mixture, Asiago, and next 6 ingredients.
- ☐ Spoon or pipe 1 tablespoon cheese mixture into each shell. Arrange half of stuffed shells, seam sides up, in one prepared dish.
- ☐ Pour 3 cups Smoky Marinara over stuffed shells.
- ☐ Sprinkle with 1/2 cup mozzarella. Repeat procedure with remaining stuffed shells, 3 cups Smoky Marinara, and 1/2 cup mozzarella in remaining prepared dish.
- ☐ Cover with foil.
- ☐ Bake at 375 for 30 minutes or until thoroughly heated.
- ☐ Garnish with parsley, if desired.
- ☐ To freeze unbaked casserole: Prepare through Step Cover with plastic wrap, pressing to remove as much air as possible. Wrap with heavy-duty foil. Store in freezer up to two months.

- ☐
- To prepare frozen unbaked casserole: Preheat oven to 37
- ☐
- Remove foil; reserve foil.
- ☐
- Remove plastic wrap; discard wrap. Cover frozen casserole with reserved foil; bake at 375 for 1 hour and 10 minutes or until shells are thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:55.4, Glycemic Load:33.35, Inflammation Score:-10, Nutrition Score:46.796521902084%

Flavonoids

Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 834.92kcal (41.75%), Fat: 28.2g (43.38%), Saturated Fat: 16.7g (104.38%), Carbohydrates: 92.3g (30.77%), Net Carbohydrates: 83.23g (30.27%), Sugar: 15.95g (17.72%), Cholesterol: 87.6mg (29.2%), Sodium: 2682.07mg (116.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.21g (110.42%), Vitamin K: 250.24µg (238.33%), Vitamin A: 8934.54IU (178.69%), Selenium: 93.17µg (133.1%), Calcium: 1002.01mg (100.2%), Phosphorus: 886.4mg (88.64%), Manganese: 1.58mg (79.15%), Vitamin B2: 0.85mg (50.25%), Magnesium: 171.62mg (42.9%), Potassium: 1488.81mg (42.54%), Vitamin E: 6.21mg (41.42%), Folate: 151.9µg (37.98%), Copper: 0.74mg (37.14%), Fiber: 9.07g (36.26%), Zinc: 5.23mg (34.88%), Iron: 6mg (33.31%), Vitamin B6: 0.65mg (32.63%), Vitamin C: 26.52mg (32.15%), Vitamin B3: 5.08mg (25.4%), Vitamin B12: 1.38µg (23%), Vitamin B5: 1.89mg (18.9%), Vitamin B1: 0.25mg (16.86%), Vitamin D: 0.44µg (2.91%)