



Giant Stuffed Pasta Shells

READY IN



60 min.

SERVINGS



6

CALORIES



306 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 ounce baby spinach
- 8 ounce button mushrooms chopped
- 3 cloves garlic
- 6 servings salt and ground pepper black to taste
- 2 teaspoons ground thyme
- 3 tablespoons olive oil
- 0.3 cup parmesan cheese grated
- 28 ounce pasta sauce
- 24 lumaconi pasta shells

- 2 cups ricotta cheese
- 0.3 cup mozzarella cheese shredded

Equipment

- bowl
- frying pan
- oven
- pot
- baking pan

Directions

- Bring a large pot of lightly salted water to a boil. Cook pasta shells in boiling water, stirring occasionally, until cooked through but firm to the bite, about 8 minutes; drain.
- Heat olive oil in a large skillet over medium-high heat. Cook and stir mushrooms and garlic in hot oil until mushrooms are soft, about 7 minutes. Stir spinach and thyme into the mushroom mixture; season with salt and pepper. Cook and stir the mixture until the spinach wilts.
- Remove the skillet from heat and drain any excess liquid; transfer drained mixture to a large bowl.
- Preheat oven to 375 degrees F (190 degrees C).
- Mix ricotta cheese, 3/4 cup mozzarella cheese, and 1/2 cup Parmesan cheese with the spinach mixture; season again with salt and pepper and stuff into pasta shells.
- Arrange stuffed shells into a 9x11-inch baking dish.
- Pour pasta sauce over the shells; top with 1/4 cup mozzarella cheese and 1/4 cup Parmesan cheese.
- Bake in preheated oven until the cheese is melted and the shells are hot, about 30 minutes.

Nutrition Facts

 PROTEIN 20.46%  FAT 58.43%  CARBS 21.11%

Properties

Glycemic Index:44.5, Glycemic Load:4.82, Inflammation Score:-10, Nutrition Score:26.77434791171%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 306.44kcal (15.32%), Fat: 20.75g (31.92%), Saturated Fat: 9.21g (57.55%), Carbohydrates: 16.86g (5.62%), Net Carbohydrates: 13.15g (4.78%), Sugar: 6.06g (6.73%), Cholesterol: 49.47mg (16.49%), Sodium: 838.76mg (36.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.34g (32.68%), Vitamin K: 243.13µg (231.55%), Vitamin A: 5452.21IU (109.04%), Manganese: 0.69mg (34.69%), Selenium: 21.78µg (31.12%), Calcium: 308.32mg (30.83%), Vitamin B2: 0.52mg (30.68%), Folate: 122.19µg (30.55%), Vitamin C: 23.97mg (29.05%), Phosphorus: 275.61mg (27.56%), Vitamin E: 4.03mg (26.86%), Potassium: 893.84mg (25.54%), Iron: 3.63mg (20.17%), Magnesium: 75.46mg (18.86%), Copper: 0.37mg (18.68%), Vitamin B6: 0.33mg (16.41%), Vitamin B3: 3.21mg (16.04%), Fiber: 3.71g (14.84%), Zinc: 2.11mg (14.06%), Vitamin B5: 1.23mg (12.29%), Vitamin B1: 0.12mg (8.06%), Vitamin B12: 0.46µg (7.65%), Vitamin D: 0.28µg (1.87%)