



WHATSheATE



Lasagna Stuffed Shells

READY IN



65 min.

SERVINGS



18

CALORIES



244 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14 ounce tomato sauce canned
- ☐ 3 cups curd cottage cheese
- ☐ 2 tablespoons parsley dried
- ☐ 2 eggs
- ☐ 0.5 teaspoon garlic powder
- ☐ 1.5 pounds ground beef
- ☐ 0.5 teaspoon ground pepper black
- ☐ 18 jumbo shells
- ☐ 2 tablespoons onion chopped

- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 teaspoon salt
- ☐ 16 ounce mozzarella cheese shredded divided
- ☐ 12 ounce tomato paste canned

Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat an oven to 375 degrees F (190 degrees C). Fill a large pot with lightly-salted water and bring to a rolling boil; stir in the shell pasta and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has nearly cooked through but still very firm to the bite, about 5 minutes.
- ☐ Drain well and rinse with cold water.
- ☐ While the shells are cooking, heat a large skillet over medium-high heat; cook and stir the beef and onion in the hot skillet until the beef is crumbly, evenly browned, and no longer pink.
- ☐ Drain and discard any excess grease; stir in the tomato paste, tomato sauce, salt, oregano, and garlic powder. Bring to a simmer and cook for 5 minutes.
- ☐ Spread half of the sauce into a 9x13-inch baking dish.
- ☐ Beat the eggs in a mixing bowl. Stir in the cottage cheese, 3/4 of the mozzarella cheese, Parmesan cheese, parsley, salt, and pepper. Spoon the cheese mixture into the shells and set them into the prepared baking dish. Once all the shells have been filled, pour the remaining meat sauce over the shells and sprinkle with the remaining mozzarella cheese.
- ☐ Bake in the preheated oven until the shells are hot in the center and the mozzarella cheese is melted and bubbly, about 30 minutes.

Nutrition Facts

PROTEIN 30.42% FAT 59.96% CARBS 9.62%

Properties

Glycemic Index:13.78, Glycemic Load:1.59, Inflammation Score:-4, Nutrition Score:10.066086929777%

Flavonoids

Apigenin: 10.01mg, Apigenin: 10.01mg, Apigenin: 10.01mg, Apigenin: 10.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 243.91kcal (12.2%), Fat: 16.21g (24.93%), Saturated Fat: 7.47g (46.69%), Carbohydrates: 5.85g (1.95%), Net Carbohydrates: 5.01g (1.82%), Sugar: 3g (3.33%), Cholesterol: 73.75mg (24.58%), Sodium: 617.37mg (26.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.5g (36.99%), Vitamin B12: 1.63µg (27.11%), Phosphorus: 251.81mg (25.18%), Selenium: 17.02µg (24.32%), Calcium: 206.41mg (20.64%), Zinc: 2.78mg (18.55%), Vitamin B2: 0.25mg (14.79%), Vitamin B6: 0.22mg (10.81%), Vitamin B3: 2.16mg (10.8%), Potassium: 305.38mg (8.73%), Iron: 1.52mg (8.46%), Vitamin A: 415.2IU (8.3%), Vitamin B5: 0.65mg (6.5%), Magnesium: 24.97mg (6.24%), Vitamin K: 6.4µg (6.1%), Vitamin E: 0.88mg (5.9%), Manganese: 0.12mg (5.87%), Copper: 0.11mg (5.4%), Vitamin C: 3.64mg (4.42%), Folate: 16.81µg (4.2%), Vitamin B1: 0.06mg (3.9%), Fiber: 0.85g (3.38%), Vitamin D: 0.29µg (1.92%)