



Make-Ahead Unstuffed Shells

READY IN



75 min.

SERVINGS



15

CALORIES



253 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 oz philadelphia cream cheese spread
- 1 lb extra-lean ground beef
- 0.3 cup basil fresh chopped
- 0.5 tsp penzey's southwest seasoning dried italian
- 2 Tbsp milk
- 0.3 cup parmesan cheese grated kraft
- 4 cups shells uncooked
- 1.5 cups mozzarella cheese shredded with a touch of philadelphia kraft
- 24 oz classico tomato and basil pasta sauce

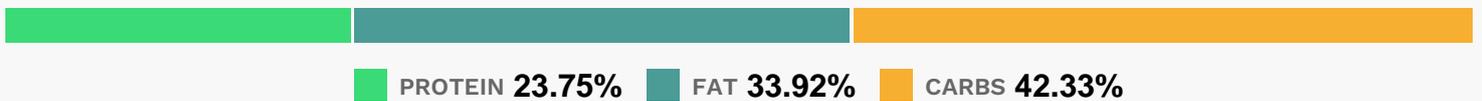
Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil

Directions

- Cook pasta as directed on package, omitting salt. Meanwhile, brown meat in large skillet; drain. Stir in pasta sauce; simmer on medium heat 2 min.
- Remove from heat.
- Drain pasta.
- Mix cream cheese spread, basil, Parmesan, milk and Italian seasoning in large bowl until blended; stir in pasta.
- Spread half the meat sauce onto bottom of 13x9-inch baking dish sprayed with cooking spray; cover with layers of pasta mixture and remaining meat sauce.
- Sprinkle with mozzarella; cover with Reynolds Wrap Aluminum Foil. Refrigerate up to 24 hours.
- Heat oven to 375F.
- Bake casserole, covered, 40 to 45 min. or until heated through, uncovering after 30 min.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:8.11, Inflammation Score:-4, Nutrition Score:8.5721738934517%

Nutrients (% of daily need)

Calories: 252.62kcal (12.63%), Fat: 9.32g (14.34%), Saturated Fat: 4.8g (30.03%), Carbohydrates: 26.17g (8.72%), Net Carbohydrates: 23.83g (8.67%), Sugar: 4.66g (5.18%), Cholesterol: 38.66mg (12.89%), Sodium: 362.45mg (15.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.68g (29.36%), Selenium: 24.64µg (35.21%),

Phosphorus: 162.9mg (16.29%), Vitamin B12: 0.97µg (16.1%), Zinc: 2.33mg (15.52%), Manganese: 0.26mg (13.08%), Calcium: 116.64mg (11.66%), Vitamin A: 538.32IU (10.77%), Vitamin B3: 2.14mg (10.69%), Fiber: 2.34g (9.36%), Potassium: 326.15mg (9.32%), Vitamin B6: 0.16mg (8.23%), Iron: 1.43mg (7.92%), Vitamin B2: 0.11mg (6.21%), Magnesium: 24.35mg (6.09%), Copper: 0.1mg (5.24%), Vitamin B5: 0.34mg (3.39%), Vitamin K: 3µg (2.85%), Vitamin B1: 0.04mg (2.77%), Vitamin C: 2.27mg (2.76%), Folate: 7.7µg (1.93%), Vitamin E: 0.16mg (1.07%)