



## Mexican Pasta Shells

READY IN



50 min.

SERVINGS



6

CALORIES



345 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 12 jumbo elbow pasta uncooked
- 2 teaspoons vegetable oil
- 0.5 cup onion chopped
- 15 oz pinto beans rinsed drained canned
- 1.5 teaspoons chili powder
- 3 oz cream cheese softened
- 9 oz from 1 bottle old el mild taco sauce
- 4 oz colby cheese shredded
- 0.5 cup corn chips crushed

- 0.5 cup cream sour
- 0.3 cup spring onion sliced

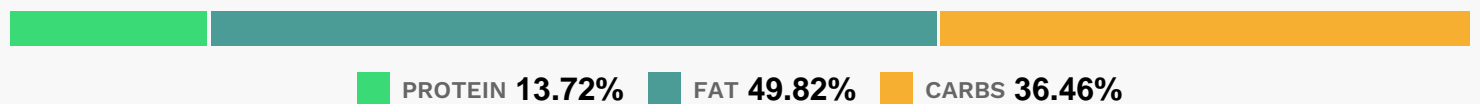
## Equipment

- frying pan
- sauce pan
- oven

## Directions

- Heat oven to 350°F. Spray 8-inch square pan with cooking spray. Cook and drain pasta shells as directed on package.
- Meanwhile, in 2-quart nonstick saucepan, heat oil over medium heat.
- Add onion; cook about 5 minutes, stirring frequently, until crisp-tender. Stir in beans, chili powder, cream cheese and 1/4 cup of the taco sauce. Reduce heat to medium-low; cook 2 to 3 minutes, stirring occasionally, until cheese is melted.
- Fill cooked shells with bean mixture.
- Place shells, filled sides up, in pan.
- Pour remaining 1/2 cup taco sauce over shells.
- Cover and bake 20 minutes.
- Sprinkle with shredded cheese and corn chips.
- Bake uncovered about 10 minutes longer or until cheese is melted.
- Garnish with sour cream and onions.

## Nutrition Facts



## Properties

Glycemic Index:28.83, Glycemic Load:8.73, Inflammation Score:-6, Nutrition Score:10.95434787999%

## Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

## **Nutrients (% of daily need)**

Calories: 345.47kcal (17.27%), Fat: 19.38g (29.82%), Saturated Fat: 9.31g (58.19%), Carbohydrates: 31.93g (10.64%), Net Carbohydrates: 27.35g (9.95%), Sugar: 3.15g (3.5%), Cholesterol: 43.58mg (14.53%), Sodium: 403.37mg (17.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.01g (24.02%), Manganese: 0.48mg (24.24%), Phosphorus: 236.94mg (23.69%), Calcium: 226.86mg (22.69%), Selenium: 15.53µg (22.19%), Fiber: 4.57g (18.3%), Magnesium: 59.22mg (14.81%), Vitamin K: 15.03µg (14.31%), Vitamin A: 687.7IU (13.75%), Potassium: 386.24mg (11.04%), Zinc: 1.58mg (10.51%), Iron: 1.88mg (10.46%), Vitamin E: 1.54mg (10.26%), Vitamin B2: 0.17mg (10.23%), Copper: 0.2mg (9.8%), Folate: 31.64µg (7.91%), Vitamin B6: 0.15mg (7.36%), Vitamin B1: 0.07mg (4.95%), Vitamin B5: 0.42mg (4.16%), Vitamin B12: 0.23µg (3.81%), Vitamin B3: 0.75mg (3.76%), Vitamin C: 2.44mg (2.96%)