



Mexican Pasta Shells

READY IN



50 min.

SERVINGS



6

CALORIES



376 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 oz pinto beans rinsed drained canned
- 1.5 teaspoons chili powder
- 4 oz colby cheese shredded
- 0.5 cup corn chips crushed
- 3 oz cream cheese softened
- 0.3 cup spring onion sliced
- 0.8 cup sauce
- 12 jumbo elbow pasta uncooked
- 0.5 cup onion chopped

- 0.5 cup cream sour
- 2 teaspoons vegetable oil

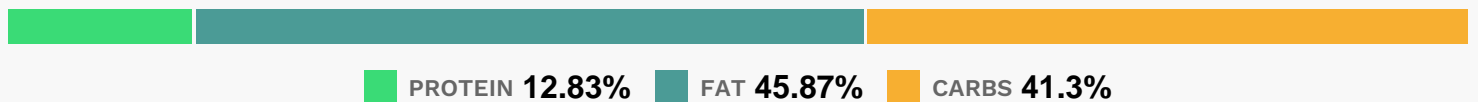
Equipment

- frying pan
- sauce pan
- oven

Directions

- Heat oven to 350F. 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:10.544347783794%

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: 376.45kcal (18.82%), Fat: 19.37g (29.8%), Saturated Fat: 9.31g (58.19%), Carbohydrates: 39.23g (13.08%), Net Carbohydrates: 34.66g (12.6%), Sugar: 9.98g (11.09%), Cholesterol: 43.58mg (14.53%), Sodium: 757.48mg (32.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.19g (24.39%), Phosphorus: 232.68mg (23.27%), Selenium: 15.53µg (22.19%), Manganese: 0.44mg (22.11%), Calcium: 217.08mg (21.71%), Fiber: 4.57g (18.3%), Vitamin K: 15.03µg (14.31%), Vitamin A: 687.7IU (13.75%), Magnesium: 48.17mg (12.04%), Vitamin E: 1.54mg (10.26%), Vitamin B2: 0.17mg (10.23%), Potassium: 349.24mg (9.98%), Zinc: 1.49mg (9.95%), Copper: 0.2mg (9.8%), Iron: 1.69mg (9.37%), 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: 0.67mg (3.34%), Vitamin C: 2.44mg (2.96%)