



Mexican Stuffed Pasta Shells

READY IN



55 min.

SERVINGS



6

CALORIES



377 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 jumbo elbow pasta uncooked
- 1 medium onion finely chopped
- 1 pound ground beef lean
- 1.5 teaspoons chili powder
- 3 ounces cream cheese
- 9 oz from 1 bottle old el mild taco sauce
- 4 ounces monterrey jack cheese shredded
- 0.5 cup corn chips crushed
- 4 spring onion sliced

0.5 cup cream sour

Equipment

frying pan

oven

baking pan

Directions

Heat oven to 350° F. Spray 9-inch square baking dish with cooking spray. Cook and drain pasta shells as directed on package.

In 10-inch skillet, cook ground beef and onion over medium-high heat 5 to 6 minutes, stirring occasionally, until beef is brown; drain.

Stir chili powder, cream cheese and 1/4 cup of the taco sauce into the beef mixture.

Heat over medium-low heat 2 to 3 minutes, stirring occasionally, until cheese is melted.

Remove from heat.

Fill pasta shells with beef mixture, using about 2 tablespoons for each shell.

Place filled shells in dish.

Pour remaining taco sauce over shells.

Cover; bake 20 minutes.

Remove dish from oven; uncover.

Sprinkle cheese and corn chips over shells.

Bake about 10 minutes longer or until cheese is melted.

Garnish pasta shells with sour cream and green onions.

Nutrition Facts



Properties

Glycemic Index:25.83, Glycemic Load:5.55, Inflammation Score:-6, Nutrition Score:15.36434770667%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 376.92kcal (18.85%), Fat: 20.94g (32.21%), Saturated Fat: 10.49g (65.59%), Carbohydrates: 21.56g (7.19%), Net Carbohydrates: 20.06g (7.29%), Sugar: 2.73g (3.03%), Cholesterol: 89.32mg (29.77%), Sodium: 263.38mg (11.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.19g (50.39%), Selenium: 28.73µg (41.05%), Zinc: 5.04mg (33.59%), Phosphorus: 321.83mg (32.18%), Vitamin B12: 1.92µg (32.03%), Vitamin B3: 4.74mg (23.71%), Calcium: 215.79mg (21.58%), Vitamin B6: 0.4mg (19.97%), Vitamin K: 18.92µg (18.02%), Vitamin B2: 0.29mg (17.15%), Iron: 2.7mg (15%), Manganese: 0.28mg (13.97%), Vitamin A: 683.49IU (13.67%), Magnesium: 53.92mg (13.48%), Potassium: 461.38mg (13.18%), Vitamin E: 1.24mg (8.28%), Vitamin B5: 0.81mg (8.14%), Copper: 0.14mg (7.13%), Fiber: 1.5g (6%), Folate: 21.82µg (5.45%), Vitamin B1: 0.07mg (4.86%), Vitamin C: 3.04mg (3.68%), Vitamin D: 0.19µg (1.26%)