



Mexican Stuffed Pasta Shells

 Popular

READY IN



55 min.

SERVINGS



6

CALORIES



408 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 teaspoons chili powder
- 4 ounces monterrey jack cheese shredded
- 0.5 cup corn chips crushed
- 3 ounces cream cheese
- 4 spring onion sliced
- 0.8 cup sauce
- 12 jumbo elbow pasta uncooked
- 1 pound ground beef lean

- 1 medium onion finely chopped
- 0.5 cup cream sour

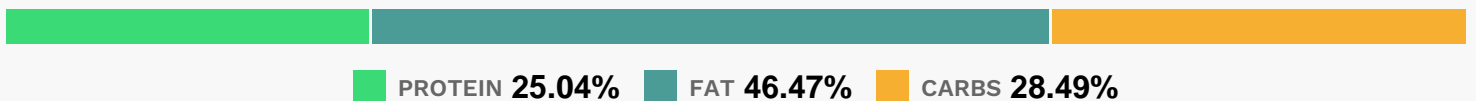
Equipment

- 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:14.954347817794%

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: 407.9kcal (20.39%), Fat: 20.93g (32.19%), Saturated Fat: 10.49g (65.59%), Carbohydrates: 28.86g (9.62%), Net Carbohydrates: 27.37g (9.95%), Sugar: 9.56g (10.62%), Cholesterol: 89.32mg (29.77%), Sodium: 617.49mg (26.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.38g (50.75%), Selenium: 28.73µg (41.05%), Zinc: 4.95mg (33.02%), Vitamin B12: 1.92µg (32.03%), Phosphorus: 317.58mg (31.76%), Vitamin B3: 4.66mg (23.28%), Calcium: 206.01mg (20.6%), Vitamin B6: 0.4mg (19.97%), Vitamin K: 18.92µg (18.02%), Vitamin B2: 0.29mg (17.15%), Iron: 2.5mg (13.91%), Vitamin A: 683.49IU (13.67%), Potassium: 424.39mg (12.13%), Manganese: 0.24mg (11.84%), Magnesium: 42.87mg (10.72%), 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%)