



WHATSheATE



Mexican-Style Chili Stuffed Pasta Shells

READY IN



45 min.

SERVINGS



4

CALORIES



418 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 30 ounce hormel® chili with beans canned
- ☐ 3 ounce cream cheese cut into cubes
- ☐ 4 servings green onions sliced for garnish
- ☐ 24 jumbo shells uncooked
- ☐ 0.5 cup monterey jack and cheddar cheese blend shredded finely
- ☐ 1.5 cups salsa divided

Equipment

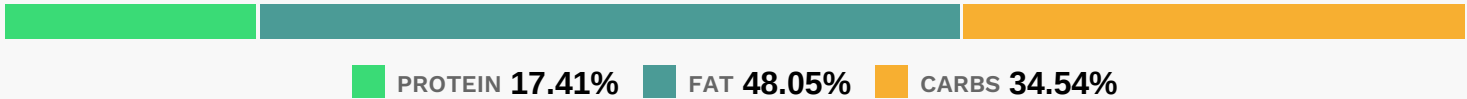
- ☐ sauce pan

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350 degrees F. Prepare pasta shells as package directs. Rinse shells under cold water and drain well. Meanwhile, in large saucepan, heat chili.
- ☐ Remove chili from heat and stir in cream cheese until melted. Spoon 1/2 cup salsa over the bottom of a 9x13-inch baking dish. Top with filled pasta shells. Spoon the remaining salsa over the pasta. Cover pan with foil and bake for 15 minutes.
- ☐ Remove foil and sprinkle with remaining shredded cheese. Return to oven and continue to bake for an additional 15–20 minutes or until hot. If desired, garnish with green onions.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:2.23, Inflammation Score:-9, Nutrition Score:22.212174086467%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 417.69kcal (20.88%), Fat: 23.55g (36.24%), Saturated Fat: 12.03g (75.2%), Carbohydrates: 38.08g (12.7%), Net Carbohydrates: 26.63g (9.68%), Sugar: 7.41g (8.24%), Cholesterol: 70.19mg (23.4%), Sodium: 1902.32mg (82.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.21g (38.41%), Fiber: 11.46g (45.83%), Phosphorus: 457.66mg (45.77%), Iron: 7.99mg (44.41%), Vitamin B5: 3.4mg (33.97%), Zinc: 5.09mg (33.9%), Vitamin A: 1638.53IU (32.77%), Potassium: 1097.07mg (31.34%), Magnesium: 120.41mg (30.1%), Calcium: 258.81mg (25.88%), Vitamin B6: 0.49mg (24.38%), Manganese: 0.46mg (23.18%), Vitamin B2: 0.37mg (21.58%), Vitamin K: 21.36µg (20.34%), Copper: 0.34mg (17.14%), Vitamin E: 2.55mg (17.03%), Selenium: 11.35µg (16.21%), Folate: 62.18µg (15.54%), Vitamin B1: 0.15mg (10.13%), Vitamin B3: 2.02mg (10.1%), Vitamin C: 6.6mg (7.99%), Vitamin B12: 0.16µg (2.73%)