



Mushroom-Spinach Stuffed Shells

READY IN



130 min.

SERVINGS



8

CALORIES



399 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 28 ounce canned tomatoes whole crushed canned
- 0.3 cup small-curd cottage cheese low-fat
- 1.5 cups small-curd cottage cheese low-fat
- 1 large eggs lightly beaten
- 1 teaspoon fennel seeds
- 0.3 cup basil fresh chopped
- 2 cloves garlic minced
- 3 cloves garlic thinly sliced
- 8 ounces shells (20 to 24)

- 8 servings kosher salt
- 2 tablespoons olive oil extra-virgin
- 2 tablespoons olive oil extra-virgin plus more for drizzling and brushing
- 1 small onion finely chopped
- 0.3 cup parmesan cheese grated
- 2 tablespoons parmesan cheese grated
- 0.3 cup part-skim mozzarella cheese shredded
- 1 cup part-skim mozzarella cheese shredded
- 1 pinch of pepper flakes red
- 10 ounce pkt spinach frozen dry thawed
- 12 ounces mushrooms white thinly sliced

Equipment

- bowl
- frying pan
- oven
- pot
- blender
- baking pan
- aluminum foil
- broiler

Directions

- large egg, lightly beaten
- Make the stuffed shells: Bring a large pot of salted water to a boil.
- Add the pasta shells and cook until slightly softened but still firm, about 7 minutes.
- Drain and rinse under cold water.
- Drizzle with olive oil and toss; set aside.
- Heat 2 tablespoons olive oil in a large nonstick skillet over medium-high heat.

- Add the onion and cook, stirring occasionally, until soft, about 4 minutes.
- Add the garlic and cook, stirring, 30 seconds.
- Add the mushrooms and cook, undisturbed, until golden in spots, about 2 minutes.
- Add 1/4 teaspoon salt and continue cooking, stirring occasionally, until the mushrooms are soft, about 5 more minutes.
- Add the spinach and stir until heated through, about 2 minutes.
- Let cool completely.
- Finely chop the spinach–mushroom mixture and combine in a bowl with the cottage cheese, mozzarella, parmesan, egg, basil and 1/4 teaspoon salt. Stuff each shell with about 2 tablespoons of the filling; set aside.
- Heat the olive oil in a large skillet over medium–high heat.
- Add the garlic, fennel seeds and red pepper flakes and cook, stirring, until lightly golden, about 30 seconds.
- Add the tomatoes, then rinse out the can with 1 cup water and add to the skillet; add 1/4 teaspoon salt. Bring to a simmer and cook until slightly thickened, about 10 minutes.
- Transfer to a blender and puree until smooth. Return to the skillet and rinse out the blender.
- Combine the cottage cheese, mozzarella, parmesan and egg in the blender and puree until smooth.
- Brush a 9–by–13–inch baking dish with olive oil and pour in half of the tomato sauce.
- Add the stuffed shells, then top with the remaining tomato sauce. Cover with aluminum foil and bake 25 minutes; uncover and continue baking until bubbly, 15 to 20 more minutes. Turn on the broiler; drizzle the shells with the cheese sauce and broil, about 2 minutes.

Nutrition Facts

PROTEIN 20.56% **FAT 46.1%** **CARBS 33.34%**

Properties

Glycemic Index:33.63, Glycemic Load:11.21, Inflammation Score:-10, Nutrition Score:26.499565419943%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg,

Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg
Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.81mg, Quercetin: 1.81mg,
Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 399.14kcal (19.96%), Fat: 20.95g (32.22%), Saturated Fat: 8.36g (52.23%), Carbohydrates: 34.08g (11.36%), Net Carbohydrates: 29.53g (10.74%), Sugar: 6.81g (7.57%), Cholesterol: 65.61mg (21.87%), Sodium: 727.01mg (31.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.02g (42.04%), Vitamin K: 144.91µg (138.01%), Vitamin A: 4577.39IU (91.55%), Calcium: 461.43mg (46.14%), Selenium: 31.24µg (44.63%), Manganese: 0.79mg (39.37%), Phosphorus: 274.09mg (27.41%), Vitamin B2: 0.43mg (25.01%), Copper: 0.48mg (23.78%), Vitamin E: 3.44mg (22.95%), Folate: 83.68µg (20.92%), Potassium: 672.17mg (19.2%), Magnesium: 74.76mg (18.69%), Fiber: 4.55g (18.2%), Vitamin B6: 0.36mg (17.89%), Vitamin B3: 3.48mg (17.42%), Vitamin C: 13.39mg (16.23%), Iron: 2.88mg (15.98%), Zinc: 1.94mg (12.92%), Vitamin B1: 0.18mg (12.26%), Vitamin B5: 1.22mg (12.19%), Vitamin B12: 0.29µg (4.82%), Vitamin D: 0.29µg (1.93%)