



No Mess or Stress Stuffed Shells

READY IN

ready

80 min.

SERVINGS

servings

6

CALORIES

calories

877 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 ounce canned tomatoes whole peeled canned
- ☐ 1 teaspoon basil dried
- ☐ 1 eggs
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 1 box shells uncooked
- ☐ 1 package pre-seasoned meatballs uncooked
- ☐ 8 ounce mozzarella cheese shredded whole milk
- ☐ 3 tablespoons parmesan grated
- ☐ 0.5 cup provolone cheese shredded

- ☐ 15 ounce ricotta cheese
- ☐ 26 ounce chunky tomato sauce with onion and garlic

Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Prepare shells according to the directions on the box. After cooking shock in an ice bath.
- ☐ In the large bowl combine the tomato sauce, and the can of peeled whole tomatoes. Break up the tomatoes with a fork.
- ☐ Add 4 of the meatballs to the sauce and break up with a fork.
- ☐ In a medium bowl combine the ricotta, Parmesan, shredded provolone, egg, basil and Italian seasoning. Stir until well blended.
- ☐ Pour the ricotta cheese mixture into a resealable bag.
- ☐ Cut 1 corner of the bag and use it to fill each pasta shell with cheese mixture.
- ☐ Pour 2 inches of the sauce and meatball mixture in the baking dish.
- ☐ Add 12 cheese stuffed shells, top with 1/4 cup of the mozzarella cheese and pour half of the remaining sauce mixture over shells.
- ☐ Place the remaining 12 stuffed shells on top, add remaining sauce mixture and top with remaining mozzarella cheese. Slice the remaining 4 meatballs in half and place around the perimeter of the baking dish.
- ☐ Cover with foil, and place in oven and bake for 50 minutes to 1 hour.
- ☐ Remove from oven and let cool 5 minutes before serving.

Nutrition Facts



 **PROTEIN 23.25%**  **FAT 48.55%**  **CARBS 28.2%**

Properties

Glycemic Index:39.67, Glycemic Load:22.72, Inflammation Score:-8, Nutrition Score:37.082608803459%

Nutrients (% of daily need)

Calories: 877.01kcal (43.85%), Fat: 47.55g (73.15%), Saturated Fat: 22.56g (141%), Carbohydrates: 62.14g (20.71%), Net Carbohydrates: 55.77g (20.28%), Sugar: 12.41g (13.79%), Cholesterol: 184.18mg (61.39%), Sodium: 1250.98mg (54.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.23g (102.45%), Selenium: 86.36µg (123.37%), Phosphorus: 714.11mg (71.41%), Vitamin B1: 1.04mg (69.11%), Calcium: 553.47mg (55.35%), Manganese: 0.96mg (47.84%), Vitamin B2: 0.77mg (45.59%), Vitamin B6: 0.91mg (45.32%), Vitamin B3: 8.88mg (44.4%), Zinc: 6.39mg (42.57%), Potassium: 1343.45mg (38.38%), Vitamin B12: 2.15µg (35.87%), Copper: 0.63mg (31.59%), Vitamin A: 1558.05IU (31.16%), Iron: 5.55mg (30.82%), Magnesium: 118.95mg (29.74%), Vitamin C: 21.57mg (26.15%), Fiber: 6.37g (25.5%), Vitamin E: 3.82mg (25.48%), Vitamin B5: 2.13mg (21.34%), Vitamin K: 17.39µg (16.57%), Folate: 61.3µg (15.33%), Vitamin D: 0.51µg (3.38%)