



Pasta Shells Florentine

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



360 kcal

Ingredients

- ☐ 26 jumbo shells cooked
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup basil fresh chopped
- ☐ 20 ounce pkt spinach frozen thawed chopped
- ☐ 4 cups tomatoes
- ☐ 4 ounces parmesan shredded
- ☐ 0.5 teaspoon pepper
- ☐ 0.4 ounce buttermilk ranch dressing mix
- ☐ 30 ounce ricotta cheese

☐ 4 ounces mozzarella cheese shredded

Equipment

☐ paper towels

☐ oven

☐ baking pan

Directions

☐ Drain spinach well, pressing between paper towels.

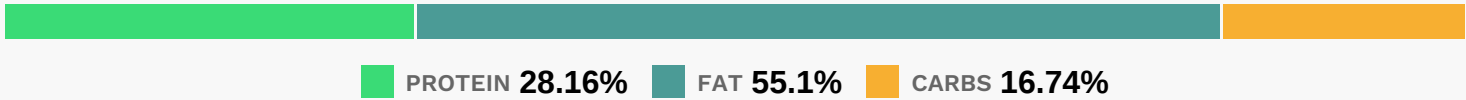
☐ Stir together spinach and next 5 ingredients. Spoon mixture into cooked shells.

☐ Spread half of marinara sauce in a lightly greased 13- x 9-inch baking dish. Arrange shells over sauce; top with remaining sauce.

☐ Bake, covered, at 350 for 40 minutes. Uncover, and sprinkle with mozzarella cheese; bake 5 to 10 more minutes.

☐ Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:34.56, Glycemic Load:3.66, Inflammation Score:-10, Nutrition Score:28.946521873059%

Nutrients (% of daily need)

Calories: 360.46kcal (18.02%), Fat: 22.63g (34.81%), Saturated Fat: 13.49g (84.29%), Carbohydrates: 15.47g (5.16%), Net Carbohydrates: 11.47g (4.17%), Sugar: 5.44g (6.04%), Cholesterol: 121.56mg (40.52%), Sodium: 1162.5mg (50.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.02g (52.05%), Vitamin K: 272.17µg (259.21%), Vitamin A: 9628.44IU (192.57%), Calcium: 577.16mg (57.72%), Selenium: 30.71µg (43.86%), Phosphorus: 411.58mg (41.16%), Vitamin B2: 0.59mg (34.79%), Manganese: 0.68mg (34.1%), Folate: 135.17µg (33.79%), Vitamin E: 4.13mg (27.57%), Magnesium: 95.08mg (23.77%), Potassium: 767.04mg (21.92%), Zinc: 2.89mg (19.26%), Iron: 3.39mg (18.86%), Vitamin B6: 0.33mg (16.51%), Vitamin B12: 0.97µg (16.1%), Fiber: 3.99g (15.98%), Vitamin C: 12.61mg (15.28%), Copper: 0.29mg (14.41%), Vitamin B5: 0.95mg (9.54%), Vitamin B3: 1.77mg (8.84%), Vitamin B1: 0.13mg (8.38%), Vitamin D: 0.59µg (3.93%)