



## Pesto-Stuffed Pasta Shells

 Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



248 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 20 ounce pkt spinach frozen thawed chopped
- 20 jumbo shells uncooked
- 2 cups curd cottage cheese 1% low-fat
- 0.1 teaspoon nutmeg freshly grated
- 3 tablespoons parmesan cheese divided freshly grated
- 0.1 teaspoon pepper
- 0.5 cup pesto sauce
- 2.3 cups herbed tomato sauce

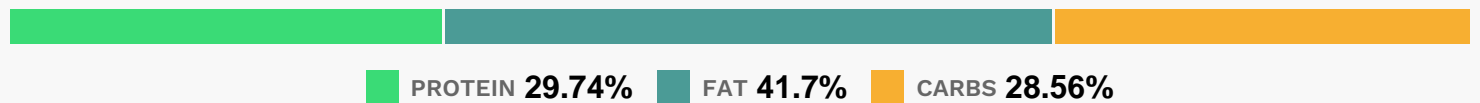
## Equipment

- paper towels
- oven
- baking pan

## Directions

- Drain spinach, and press between paper towels to remove excess moisture.
- Combine spinach, Pesto Sauce, cottage cheese, 2 tablespoons Parmesan cheese, pepper, and nutmeg; stir well.
- Cook pasta shells according to package directions, omitting salt and fat; drain. Stuff cheese mixture evenly into cooked shells.
- Spoon 1 cup Herbed Tomato Sauce into a 13- x 9- x 2-inch baking dish coated with cooking spray.
- Place filled shells over sauce.
- Pour remaining Herbed Tomato Sauce over shells. Cover and bake at 375 for 20 minutes or until hot and bubbly.
- Remove from oven, and sprinkle with remaining 1 tablespoon Parmesan cheese.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:37.8, Glycemic Load:3.11, Inflammation Score:-10, Nutrition Score:27.205652199686%

## Nutrients (% of daily need)

Calories: 248.27kcal (12.41%), Fat: 12g (18.45%), Saturated Fat: 2.75g (17.2%), Carbohydrates: 18.49g (6.16%), Net Carbohydrates: 13g (4.73%), Sugar: 8.04g (8.93%), Cholesterol: 8.21mg (2.74%), Sodium: 1258.16mg (54.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.25g (38.5%), Vitamin K: 425.16µg (404.91%), Vitamin A: 14337.75IU (286.76%), Manganese: 0.97mg (48.3%), Folate: 186.14µg (46.54%), Vitamin E: 4.91mg (32.7%), Vitamin B2: 0.49mg (28.69%), Calcium: 284.46mg (28.45%), Selenium: 19.18µg (27.4%), Magnesium: 109.45mg (27.36%),

Phosphorus: 233.23mg (23.32%), Potassium: 812.82mg (23.22%), Fiber: 5.49g (21.96%), Iron: 3.54mg (19.69%),  
Vitamin B6: 0.37mg (18.64%), Vitamin C: 13.96mg (16.92%), Copper: 0.33mg (16.47%), Vitamin B1: 0.16mg (10.45%),  
Vitamin B12: 0.61µg (10.17%), Zinc: 1.41mg (9.39%), Vitamin B3: 1.85mg (9.27%), Vitamin B5: 0.67mg (6.69%)