



Pronto-Stuffed Pasta Shells

READY IN



30 min.

SERVINGS



6

CALORIES



363 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 oz alfredo sauce
- ☐ 2 cups roasted cooked chopped
- ☐ 1 large eggs lightly beaten
- ☐ 1 tablespoon basil fresh chopped
- ☐ 20 oz spinach frozen thawed chopped
- ☐ 0.3 teaspoon nutmeg
- ☐ 18 jumbo shells
- ☐ 16 oz cottage cheese low-fat
- ☐ 0.3 cup parmesan cheese grated

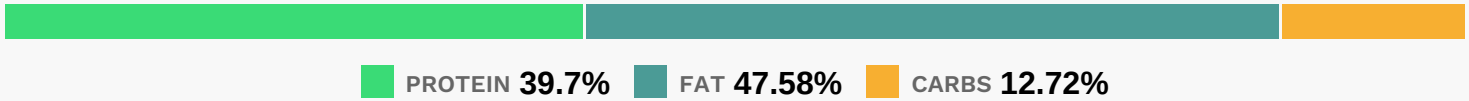
Equipment

- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Prepare pasta shells according to package directions.
- ☐ Meanwhile, drain chopped spinach well, pressing between paper towels.
- ☐ Stir together spinach, chicken, basil, and next 4 ingredients. Spoon mixture evenly into shells.
- ☐ Spread half of jarred Alfredo sauce in a lightly greased 13- x 9-inch baking dish. Arrange stuffed pasta shells over sauce, and pour remaining sauce over shells.
- ☐ Bake, covered, at 350 for 40 to 45 minutes or until filling is hot and sauce is bubbly.
- ☐ Remove from oven, and let stand 10 minutes.
- ☐ Note: To make ahead, prepare recipe as directed through Step Cover and freeze up to 1 month. Thaw in refrigerator 24 hours.
- ☐ Let stand at room temperature 30 minutes.
- ☐ Bake, covered, for 1 hour and 20 minutes.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:0.92, Inflammation Score:-10, Nutrition Score:29.344782642696%

Nutrients (% of daily need)

Calories: 363.11kcal (18.16%), Fat: 18.95g (29.15%), Saturated Fat: 8.65g (54.04%), Carbohydrates: 11.4g (3.8%), Net Carbohydrates: 8.54g (3.1%), Sugar: 4.02g (4.47%), Cholesterol: 136.93mg (45.64%), Sodium: 1008.56mg (43.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.56g (71.13%), Vitamin K: 353.09µg (336.28%), Vitamin A: 11210.59IU (224.21%), Selenium: 40.23µg (57.48%), Vitamin B6: 0.83mg (41.59%), Folate: 151.09µg (37.77%), Phosphorus: 374mg (37.4%), Manganese: 0.71mg (35.63%), Vitamin B2: 0.54mg (31.67%), Vitamin B1: 0.46mg (30.78%), Vitamin B3: 5.17mg (25.86%), Magnesium: 99.57mg (24.89%), Calcium: 214.83mg (21.48%), Potassium:

714.06mg (20.4%), Vitamin E: 2.97mg (19.77%), Zinc: 2.57mg (17.14%), Vitamin B12: 1.01µg (16.81%), Iron: 2.53mg (14.08%), Fiber: 2.86g (11.44%), Copper: 0.22mg (11.07%), Vitamin B5: 0.99mg (9.94%), Vitamin C: 5.26mg (6.38%), Vitamin D: 0.5µg (3.35%)