



HEALTH SCORE

66%

Ratatouille-Stuffed Shells



Very Healthy

READY IN



80 min.

SERVINGS



4

CALORIES



476 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 jumbo elbow pasta uncooked
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups bell pepper frozen
- ☐ 2 garlic clove minced
- ☐ 1.5 cups eggplant diced
- ☐ 1 small zucchini diced
- ☐ 0.5 cup julienne-cut oil-packed sun-dried tomatoes with 1 tablespoon of the oil sliced
- ☐ 2.3 oz olives ripe drained sliced canned

- ☐ 14 oz pasta sauce
- ☐ 4 oz pizza cheese shredded italian

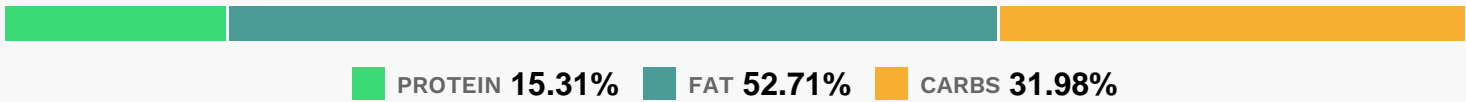
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 11x7-inch (2-quart) glass baking dish with nonstick cooking spray. Cook pasta shells to desired doneness as directed on package.
- ☐ Drain; cover to keep warm.
- ☐ Meanwhile, heat olive oil in large skillet over medium heat until hot.
- ☐ Add bell pepper and onion stir-fry, and garlic; cook and stir 2 to 3 minutes or until crisp-tender.
- ☐ Add eggplant and zucchini; cook and stir 3 minutes.
- ☐ Stir in tomatoes with tomato oil, olives and 1/4 cup of the pasta sauce. Cook until thoroughly heated, stirring frequently. Stir in 1/2 cup of the cheese.
- ☐ Fill each cooked pasta shell with about 1/4 cup vegetable mixture.
- ☐ Place in sprayed baking dish. Spoon remaining pasta sauce over shells. Cover with foil.
- ☐ Bake 30 minutes. Uncover baking dish; sprinkle with remaining cheese.
- ☐ Bake uncovered 5 to 10 minutes longer or until bubbly and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:10.11, Inflammation Score:-10, Nutrition Score:26.806521830351%

Flavonoids

Delphinidin: 26.35mg, Delphinidin: 26.35mg, Delphinidin: 26.35mg, Delphinidin: 26.35mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 475.56kcal (23.78%), Fat: 29.51g (45.41%), Saturated Fat: 3.74g (23.39%), Carbohydrates: 40.29g (13.43%), Net Carbohydrates: 35.09g (12.76%), Sugar: 8.44g (9.38%), Cholesterol: 5.67mg (1.89%), Sodium: 780.9mg (33.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.28g (38.56%), Vitamin C: 85.77mg (103.96%), Manganese: 1.22mg (61%), Vitamin A: 2324.86IU (46.5%), Copper: 0.84mg (42.11%), Magnesium: 165.98mg (41.49%), Phosphorus: 347.4mg (34.74%), Folate: 130.35µg (32.59%), Vitamin B6: 0.65mg (32.57%), Vitamin B5: 3.02mg (30.21%), Vitamin E: 3.58mg (23.86%), Selenium: 16.33µg (23.32%), Fiber: 5.2g (20.82%), Vitamin B3: 4.04mg (20.21%), Potassium: 649.67mg (18.56%), Iron: 3.34mg (18.53%), Zinc: 2.59mg (17.24%), Vitamin B2: 0.27mg (15.63%), Calcium: 137.72mg (13.77%), Vitamin B1: 0.2mg (13.65%), Vitamin K: 10.24µg (9.75%)