



Ricotta Chocolate Chip Stuffed Shells with Caramel Sauce

READY IN



140 min.

SERVINGS



8

CALORIES



317 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 16 jumbo elbow pasta uncooked
- ☐ 1.3 cups ricotta cheese
- ☐ 0.5 cup powdered sugar
- ☐ 1.5 teaspoons vanilla
- ☐ 1.5 cups non-dairy whipped topping frozen thawed ()
- ☐ 0.3 cup semisweet chocolate chips miniature
- ☐ 0.3 cup pecans toasted chopped
- ☐ 1 cup mrs richardson's butterscotch caramel sauce warmed

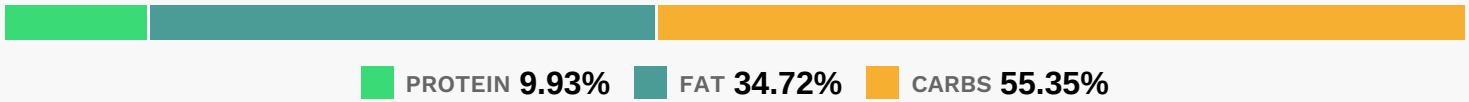
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Cook and drain pasta as directed on package; pat dry. Meanwhile, beat cheese, powdered sugar and vanilla in medium bowl with electric mixer on medium speed about 3 minutes or until light and creamy. Fold in whipped topping. Fold in chocolate chips and pecans.
- ☐ Spoon about 2 1/2 tablespoons cheese mixture into each pasta shell.
- ☐ Place in shallow container. Cover with plastic wrap and refrigerate about at least 2 hours but no longer than 8 hours.
- ☐ Serve with ice-cream topping, and if desired, sprinkle with
- ☐ additional chocolate chips and pecans.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:5.14, Inflammation Score:-3, Nutrition Score:6.1765217508959%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 316.98kcal (15.85%), Fat: 12.4g (19.08%), Saturated Fat: 6.69g (41.79%), Carbohydrates: 44.48g (14.83%), Net Carbohydrates: 43.04g (15.65%), Sugar: 30.23g (33.59%), Cholesterol: 20.49mg (6.83%), Sodium: 140.92mg (6.13%), Alcohol: 0.26g (100%), Alcohol %: 0.28% (100%), Caffeine: 6.36mg (2.12%), Protein: 7.98g (15.96%),

Selenium: 17.23µg (24.62%), Manganese: 0.42mg (20.82%), Phosphorus: 141.59mg (14.16%), Calcium: 114.53mg (11.45%), Copper: 0.19mg (9.5%), Magnesium: 32.36mg (8.09%), Zinc: 1.04mg (6.94%), Vitamin B2: 0.11mg (6.35%), Fiber: 1.43g (5.72%), Iron: 0.93mg (5.16%), Potassium: 166.36mg (4.75%), Vitamin A: 213.87IU (4.28%), Vitamin B12: 0.22µg (3.73%), Vitamin B1: 0.05mg (3.15%), Vitamin B6: 0.05mg (2.6%), Vitamin B5: 0.25mg (2.48%), Folate: 9.27µg (2.32%), Vitamin B3: 0.43mg (2.16%), Vitamin E: 0.24mg (1.57%), Vitamin K: 1.54µg (1.47%)