



Roast Beef Stuffed Shells

READY IN



50 min.

SERVINGS



8

CALORIES



454 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 41 ounce gravy canned
- 10 ounce horseradish cream-style
- 12 ounces shells
- 1.5 pounds pan drippings from roast beef preferably thinly sliced
- 8 ounces cheddar cheese shredded

Equipment

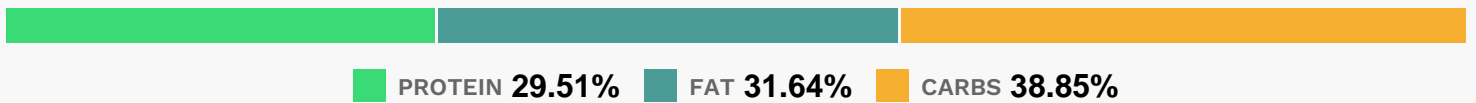
- sauce pan
- oven

- pot
- wax paper
- slotted spoon
- colander

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Grease 2 - 9x13 inch baking dishes.
- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the pasta shells, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 10 minutes.
- Drain well in a colander set in the sink and place shells on a sheet of wax paper to cool.
- Combine the roast beef and the gravy in a large saucepan and place over medium-low heat. Cook for 10 minutes or until heated through.
- Use a slotted spoon to fill each shell with roast beef, draining off as much gravy as possible.
- Spread about 1 1/2 teaspoons of horseradish sauce on top of the beef in each shell.
- Place the shells in the greased baking dishes, and top with the remaining gravy.
- Sprinkle the Cheddar cheese evenly over the stuffed shells.
- Bake, uncovered, until the cheese is melted and the filling is hot and bubbly, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:13.94, Inflammation Score:-5, Nutrition Score:19.754782624867%

Nutrients (% of daily need)

Calories: 453.52kcal (22.68%), Fat: 15.96g (24.55%), Saturated Fat: 7.84g (49.02%), Carbohydrates: 44.08g (14.69%), Net Carbohydrates: 41.55g (15.11%), Sugar: 6.52g (7.24%), Cholesterol: 88.45mg (29.48%), Sodium: 2282.21mg (99.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.48g (66.96%), Selenium: 41.59µg (59.41%), Vitamin C: 47.1mg (57.09%), Calcium: 467.34mg (46.73%), Phosphorus: 385.34mg (38.53%), Vitamin B3: 7.19mg (35.97%), Zinc: 5mg (33.36%), Vitamin B12: 1.75µg (29.11%), Manganese: 0.45mg (22.68%), Vitamin B6:

0.45mg (22.3%), Vitamin B2: 0.26mg (15.51%), Magnesium: 57.62mg (14.41%), Iron: 2.53mg (14.07%), Potassium: 441.97mg (12.63%), Copper: 0.21mg (10.62%), Folate: 41.55µg (10.39%), Fiber: 2.53g (10.12%), Vitamin B5: 0.59mg (5.88%), Vitamin B1: 0.09mg (5.84%), Vitamin A: 284.77IU (5.7%), Vitamin E: 0.26mg (1.75%), Vitamin D: 0.17µg (1.13%), Vitamin K: 1.18µg (1.13%)