



## Roasted Red Pepper and Tomato Stuffed Shells

READY IN



80 min.

SERVINGS



4

CALORIES



466 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 eggs
- 28 oz canned tomatoes diced fire roasted organic undrained canned
- 0.5 cup corn frozen thawed
- 2 oz pizza cheese shredded italian
- 16 jumbo elbow pasta uncooked
- 2 cups ricotta cheese
- 0.8 cup roasted peppers red sliced
- 4 servings salt and pepper

## Equipment

- bowl
- sauce pan
- oven
- baking pan
- aluminum foil

## Directions

- Heat oven to 350F. Spray 2-quart baking dish with cooking spray. Cook and drain pasta shells as directed on package.
- In 2-quart saucepan, heat tomatoes and corn over medium heat to a simmer; cook 2 minutes. Season with salt and pepper. Spoon one-fourth of tomato-corn mixture into baking dish; spread to cover bottom.
- In medium bowl, mix egg, ricotta cheese, roasted peppers and 1/4 cup of the cheese.
- Fill each cooked pasta shell with about 2 tablespoons ricotta mixture; place in baking dish.
- Pour remaining tomato-corn mixture over shells. Cover dish with foil.
- Bake 30 minutes. Uncover baking dish; sprinkle with remaining 1/4 cup cheese.
- Bake uncovered 5 to 10 minutes longer or until bubbly and cheese is melted.

## Nutrition Facts



**PROTEIN 21.79%** **FAT 41.2%** **CARBS 37.01%**

## Properties

Glycemic Index:17.25, Glycemic Load:10.62, Inflammation Score:-8, Nutrition Score:14.778695624808%

## Nutrients (% of daily need)

Calories: 466.29kcal (23.31%), Fat: 21.41g (32.94%), Saturated Fat: 11.32g (70.76%), Carbohydrates: 43.26g (14.42%), Net Carbohydrates: 39.81g (14.48%), Sugar: 5.81g (6.46%), Cholesterol: 106.99mg (35.66%), Sodium: 1008.42mg (43.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.48g (50.96%), Selenium: 41.83µg (59.75%), Calcium: 369.15mg (36.92%), Vitamin A: 1542.31IU (30.85%), Phosphorus: 301.37mg (30.14%), Vitamin C: 17.26mg (20.93%), Vitamin B2: 0.34mg (19.84%), Manganese: 0.38mg (18.95%), Zinc: 2.22mg (14.82%), Iron: 2.5mg (13.91%),

Fiber: 3.44g (13.78%), Magnesium: 41.41mg (10.35%), Vitamin B6: 0.2mg (10.06%), Folate: 38.26µg (9.57%),  
Potassium: 315.74mg (9.02%), Vitamin B12: 0.52µg (8.66%), Copper: 0.17mg (8.56%), Vitamin B5: 0.64mg (6.41%),  
Vitamin B3: 1.17mg (5.86%), Vitamin B1: 0.08mg (5.14%), Vitamin D: 0.47µg (3.12%), Vitamin E: 0.29mg (1.91%),  
Vitamin K: 1.43µg (1.36%)