



WHATSheATE



Sausage, Spinach, Ricotta Stuffed Pasta Shells

♡ Popular

READY IN



45 min.

SERVINGS



8

CALORIES



610 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounce shells
- ☐ 1 Tbsp olive oil
- ☐ 1 cup onion yellow finely chopped
- ☐ 1 pound sausage sweet italian
- ☐ 1 Tbsp garlic minced
- ☐ 1 large eggs
- ☐ 16 ounces ricotta cheese

- ☐ 10 ounces pkt spinach fresh frozen dry thawed chopped (or 10 ounces spinach)
- ☐ 1 cup parmesan cheese grated
- ☐ 1 Tbsp basil dried fresh chopped
- ☐ 0.3 cup unseasoned bread crumbs
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon ground pepper black
- ☐ 28 ounce canned tomatoes with herbs, including the liquid, tomatoes broken up (or your favorite tomato or pasta sauce) canned
- ☐ 26 x shallow baking dishes

Equipment

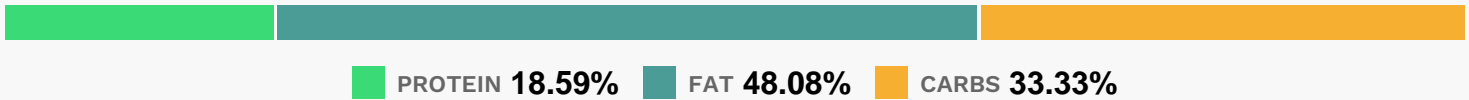
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Cook pasta shells: Bring a large pot of salted water to a boil (1 teaspoon salt per quart of water). Cook the pasta shells according to the instructions on the package.
- ☐ Drain, rinse in cold water, and set aside.
- ☐ Cook onions, then sausage, then add garlic:
- ☐ Heat olive oil in a large skillet on medium high heat.
- ☐ Add the onions and cook until softened, about 5 minutes.
- ☐ Add the sausage to the pan, breaking up the sausage into smaller bits. Lower the heat to medium. Cook sausage until cooked through, and no pink remains, about 5 minutes.
- ☐ Add the garlic and cook until fragrant, about 30 seconds to a minute more.
- ☐ Remove pan from heat.

- ☐ Make ricotta spinach stuffing: Beat the egg lightly in a large bowl.
- ☐ Mix in the ricotta, chopped spinach, 1/2 cup of the Parmesan cheese, basil, bread crumbs, salt, pepper, and sausage mixture.
- ☐ Fill pasta shells with stuffing: Fill each cooked pasta shell with some of the ricotta, spinach, sausage mixture.
- ☐ Spread 1/2 cup chopped canned tomatoes over the bottom of each of the baking dishes. Arrange the stuffed pasta shells in the dishes.
- ☐ Spread the remaining tomatoes over the top of the pasta shells.
- ☐ At this point you can make ahead, to freeze (up to four months) or refrigerate before cooking. (If freezing, cover with foil, then wrap with plastic wrap.)
- ☐ Heat oven to 375°F. Cover the pans with foil and bake for 30 minutes, until hot and bubbling.
- ☐ Remove foil and sprinkle with remaining Parmesan cheese, bake uncovered for 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:15.89, Inflammation Score:-10, Nutrition Score:32.712173990581%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 610.02kcal (30.5%), Fat: 32.82g (50.49%), Saturated Fat: 13.83g (86.45%), Carbohydrates: 51.2g (17.07%), Net Carbohydrates: 46.1g (16.76%), Sugar: 7.37g (8.19%), Cholesterol: 106.2mg (35.4%), Sodium: 1062.45mg (46.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.55g (57.09%), Vitamin K: 149.41µg (142.3%), Vitamin A: 4768.34IU (95.37%), Selenium: 59.53µg (85.05%), Manganese: 1.03mg (51.28%), Phosphorus: 424.86mg (42.49%), Vitamin B1: 0.54mg (36.29%), Calcium: 361.62mg (36.16%), Vitamin B2: 0.48mg (27.96%), Vitamin B6: 0.54mg (26.81%), Folate: 100.23µg (25.06%), Iron: 4.4mg (24.46%), Magnesium: 96.99mg (24.25%), Zinc: 3.52mg (23.44%), Copper: 0.46mg (23.01%), Potassium: 804.4mg (22.98%), Vitamin B3: 4.46mg (22.31%), Fiber: 5.1g (20.39%), Vitamin E: 2.83mg (18.88%), Vitamin C: 14.02mg (16.99%), Vitamin B12: 0.96µg (15.96%), Vitamin B5: 1.12mg (11.23%), Vitamin D: 0.3µg (2.01%)