



## Sausage-Spinach Stuffed Shells

READY IN



130 min.

SERVINGS



8

CALORIES



589 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons flour all-purpose
- 0.3 cup parsley fresh chopped
- 1 clove garlic minced
- 2 cloves garlic minced
- 0.5 cup heavy cream
- 0.5 pound sausage italian hot
- 8 ounces shells (20 to 24)
- 8 servings kosher salt
- 0.5 cup tomatoes jarred

- 8 servings nutmeg freshly grated
- 1 tablespoon olive oil extra-virgin plus more for drizzling and brushing
- 1 small onion finely chopped
- 0.3 cup parmesan cheese grated
- 0.5 cup parmesan cheese grated
- 8 servings pepper freshly ground
- 15 ounce ricotta cheese
- 2 cups mozzarella cheese shredded
- 10 ounce pkt spinach frozen dry thawed
- 2 tablespoons butter unsalted
- 2 cups milk whole

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- pot
- baking pan
- wooden spoon
- aluminum foil

## Directions

- Make the stuffed shells: Bring a large pot of salted water to a boil.
- Add the pasta shells and cook until just slightly softened but still firm, about 7 minutes.
- Drain and rinse under cold water.
- Drizzle with olive oil and toss; set aside.
- Heat the olive oil in a large nonstick skillet over medium-high heat.

- Add the onion and cook, stirring occasionally, until soft, about 4 minutes.
- Add the garlic and cook, stirring, 30 seconds.
- Add the sausage and cook, breaking it up with a wooden spoon, until browned, about 5 minutes.
- Add the spinach, 1/2 teaspoon salt, and pepper to taste and stir until heated through, about 2 more minutes.
- Remove from the heat and let cool completely.
- Combine the spinach mixture, ricotta, 1 cup mozzarella, the parmesan, parsley and 1 teaspoon salt in a bowl. Stuff each shell with about 2 tablespoons of the filling; set aside.
- Preheat the oven to 350 degrees F. Make the cheese sauce: Melt the butter with the garlic in a medium saucepan over medium heat. When the butter begins to foam, add the flour and whisk constantly until lightly golden, about 1 minute.
- Add the milk and cream, bring to a simmer and cook, whisking constantly, until the sauce is thick enough to coat a spoon, 2 to 3 minutes.
- Remove from the heat and whisk in the parmesan, 1/4 teaspoon salt, and nutmeg to taste.
- Brush a 9-by-13-inch baking dish with olive oil and pour in about two-thirds of the cheese sauce.
- Add the stuffed shells and top with the remaining cheese sauce. Cover with aluminum foil and bake 20 minutes. Uncover and top with the marinara sauce and the remaining 1 cup mozzarella; continue baking until the sauce is bubbly, 15 to 20 more minutes.
- Photograph by Con Poulos

## Nutrition Facts



### Properties

Glycemic Index:62.88, Glycemic Load:12.26, Inflammation Score:-10, Nutrition Score:28.184347940528%

### Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.8mg, Quercetin: 1.8mg,

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## Nutrients (% of daily need)

Calories: 588.73kcal (29.44%), Fat: 38.32g (58.95%), Saturated Fat: 20.13g (125.79%), Carbohydrates: 34.24g (11.41%), Net Carbohydrates: 31.35g (11.4%), Sugar: 6.32g (7.02%), Cholesterol: 111.49mg (37.16%), Sodium: 933.62mg (40.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.48g (54.96%), Vitamin K: 166.62µg (158.68%), Vitamin A: 5303.32IU (106.07%), Selenium: 45.8µg (65.43%), Calcium: 499.29mg (49.93%), Phosphorus: 447.35mg (44.73%), Manganese: 0.68mg (34.13%), Vitamin B2: 0.5mg (29.54%), Vitamin B12: 1.58µg (26.28%), Zinc: 3.42mg (22.8%), Vitamin B1: 0.31mg (20.57%), Folate: 79.31µg (19.83%), Magnesium: 77.74mg (19.43%), Vitamin B6: 0.32mg (15.79%), Potassium: 543.83mg (15.54%), Vitamin E: 1.96mg (13.09%), Iron: 2.23mg (12.39%), Fiber: 2.89g (11.56%), Copper: 0.23mg (11.44%), Vitamin B3: 2.08mg (10.41%), Vitamin C: 7.23mg (8.76%), Vitamin B5: 0.84mg (8.38%), Vitamin D: 1.23µg (8.21%)