



Sausage-Stuffed Pasta Shells

READY IN



75 min.

SERVINGS



6

CALORIES



563 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb ground sausage italian
- ☐ 28 oz tomato sauce canned
- ☐ 1 eggs slightly beaten
- ☐ 1 teaspoon garlic powder
- ☐ 8 oz pizza cheese shredded italian
- ☐ 1 tablespoon seasoning italian
- ☐ 18 jumbo shells (from 16-oz package)
- ☐ 15 oz ricotta cheese

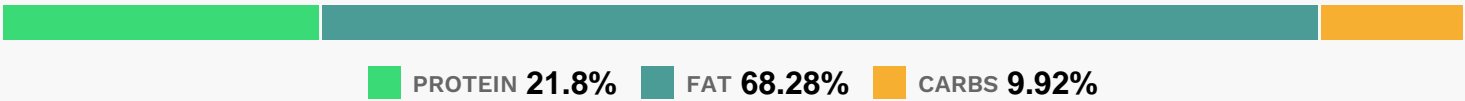
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350F. Cook and drain pasta as directed on package. Rinse with cool water; drain.
- ☐ Meanwhile, in 10-inch nonstick skillet, cook sausage over medium-high heat 5 to 7 minutes, stirring occasionally, until no longer pink; drain. Stir ricotta cheese and egg into sausage.
- ☐ In medium bowl, mix tomato sauce, Italian seasoning and garlic powder. In 13x9-inch (3-quart) glass baking dish, spoon 1 cup tomato sauce mixture over bottom. Spoon about 2 tablespoons sausage mixture into each pasta shell. Arrange shells on sauce in baking dish. Spoon remaining sauce over stuffed shells.
- ☐ Bake uncovered 30 minutes.
- ☐ Sprinkle with cheese.
- ☐ Bake uncovered about 10 minutes longer or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:3.91, Inflammation Score:-6, Nutrition Score:17.096956621046%

Nutrients (% of daily need)

Calories: 563.46kcal (28.17%), Fat: 43.51g (66.94%), Saturated Fat: 16.22g (101.36%), Carbohydrates: 14.22g (4.74%), Net Carbohydrates: 11.75g (4.27%), Sugar: 5.05g (5.62%), Cholesterol: 128.44mg (42.81%), Sodium: 1322.17mg (57.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.26g (62.53%), Selenium: 34.12µg (48.75%), Vitamin B1: 0.48mg (31.98%), Phosphorus: 278.54mg (27.85%), Calcium: 272.88mg (27.29%), Vitamin B2: 0.39mg (23.04%), Vitamin B6: 0.42mg (21.03%), Potassium: 691.88mg (19.77%), Vitamin B3: 3.94mg (19.7%), Vitamin A: 942.01IU

(18.84%), Zinc: 2.64mg (17.6%), Vitamin B12: 0.99µg (16.57%), Iron: 2.93mg (16.3%), Vitamin E: 2.22mg (14.79%), Manganese: 0.27mg (13.28%), Vitamin C: 10.8mg (13.09%), Copper: 0.25mg (12.47%), Magnesium: 43.33mg (10.83%), Vitamin B5: 1.08mg (10.82%), Fiber: 2.48g (9.92%), Vitamin K: 9.69µg (9.23%), Folate: 32.66µg (8.16%), Vitamin D: 0.29µg (1.92%)