



Savory Feta-Filled Shells

READY IN



40 min.

SERVINGS



40

CALORIES



24 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 oz athenos feta cheese divided crumbled traditional
- 10 oz pkt spinach frozen thawed drained chopped well
- 0.3 tsp garlic powder
- 12 jumbo macaroni shells cooked drained
- 1 cup ricotta cheese
- 1.5 cups classico tomato and basil pasta sauce

Equipment

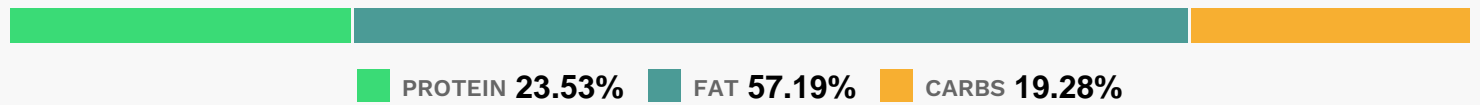
- oven

baking pan

Directions

- Preheat oven to 350F.
- Mix spinach, ricotta cheese, half of the feta cheese and the garlic powder.
- Spoon evenly into macaroni shells; place in 10x6-inch baking dish. Top evenly with the sauce and remaining feta cheese.
- Bake 20 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:2.72, Glycemic Load:0.12, Inflammation Score:-5, Nutrition Score:3.2439129689465%

Nutrients (% of daily need)

Calories: 24.27kcal (1.21%), Fat: 1.57g (2.42%), Saturated Fat: 0.91g (5.71%), Carbohydrates: 1.19g (0.4%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.4g (0.45%), Cholesterol: 5.69mg (1.9%), Sodium: 60.41mg (2.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.91%), Vitamin K: 26.48µg (25.22%), Vitamin A: 898.74IU (17.97%), Calcium: 37.49mg (3.75%), Vitamin B2: 0.05mg (3.06%), Folate: 11.96µg (2.99%), Selenium: 1.83µg (2.62%), Manganese: 0.05mg (2.61%), Phosphorus: 23.08mg (2.31%), Magnesium: 6.61mg (1.65%), Vitamin E: 0.22mg (1.45%), Fiber: 0.36g (1.45%), Potassium: 48.15mg (1.38%), Vitamin B6: 0.03mg (1.37%), Zinc: 0.2mg (1.3%), Vitamin B12: 0.07µg (1.15%), Iron: 0.21mg (1.14%)