



HEALTH SCORE

100%

Scrumptious Stuffed Shells

 Vegetarian  Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



915 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 20 jumbo shells cooled cooked
- 1 egg white
- 16 oz knudsen free cottage cheese fat free
- 10 oz pkt spinach frozen thawed drained chopped well
- 1 cup low-moisture part-skim mozzarella cheese shredded divided kraft
- 1.5 cups classico family favorites pasta sauce traditional
- 0.7 oz env. seasons dressing mix italian good
- 1 bell pepper red chopped

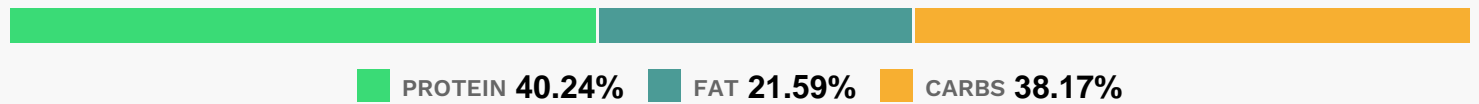
Equipment

- oven
- baking pan

Directions

- Heat oven to 400F.
- Combine first 5 ingredients. Stir in 1/2 cup mozzarella; spoon into shells.
- Spread half the sauce onto bottom of 13x9-inch baking dish.
- Place shells in dish; top with remaining sauce and mozzarella. Cover.
- Bake 40 min. or until heated through, uncovering after 30 min.

Nutrition Facts



Properties

Glycemic Index:125.5, Glycemic Load:10.62, Inflammation Score:-10, Nutrition Score:71.436087328455%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 914.79kcal (45.74%), Fat: 22.46g (34.55%), Saturated Fat: 12.47g (77.92%), Carbohydrates: 89.35g (29.78%), Net Carbohydrates: 72.76g (26.46%), Sugar: 29.91g (33.23%), Cholesterol: 103.43mg (34.48%), Sodium: 5875.49mg (255.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 94.2g (188.4%), Vitamin K: 1072.52µg (1021.44%), Vitamin A: 39134.82IU (782.7%), Vitamin C: 193.64mg (234.71%), Calcium: 1694.92mg (169.49%), Phosphorus: 1665.56mg (166.56%), Vitamin B2: 2.48mg (145.6%), Folate: 552.39µg (138.1%), Manganese: 2.7mg (135.05%), Selenium: 89.38µg (127.68%), Vitamin E: 15.61mg (104.05%), Magnesium: 364.58mg (91.15%), Potassium: 3096.66mg (88.48%), Vitamin B6: 1.36mg (67.82%), Fiber: 16.59g (66.37%), Iron: 10.6mg (58.91%), Zinc: 8.03mg (53.52%), Copper: 1.04mg (52.1%), Vitamin B12: 3.03µg (50.53%), Vitamin B5: 3.97mg (39.7%), Vitamin B1: 0.55mg (36.58%), Vitamin B3: 7.13mg (35.63%), Vitamin D: 0.34µg (2.24%)