



Shells with Crispy Pancetta and Spinach

READY IN



50 min.

SERVINGS



6

CALORIES



846 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup asiago cheese grated
- ☐ 2 cups asiago cheese grated
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 1 cup heavy whipping cream
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 pounds pkt spinach frozen thawed drained
- ☐ 1 garlic clove minced

- ☐ 12 ounce shells pasta
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 2 tablespoons olive oil
- ☐ 0.5 pound pancetta thick-cut cut into 3/4-inch cubes
- ☐ 15 ounce milk ricotta whole

Equipment

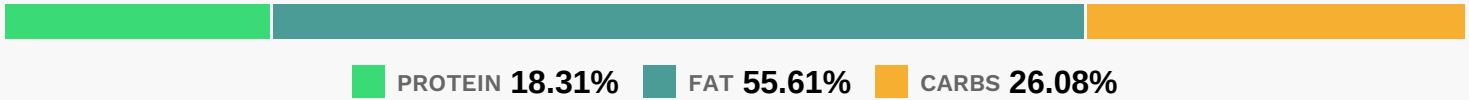
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- ☐ Drain pasta.
- ☐ Warm the olive oil in a large, heavy skillet over medium heat.
- ☐ Add the pancetta and cook until lightly golden, about 5 minutes.
- ☐ Remove the pancetta from the pan with a slotted spoon and transfer to a large bowl.
- ☐ Add the spinach, ricotta cheese, asiago cheese, pepper, and nutmeg. Stir to combine. Stuff the shells with about 2 tablespoons of the spinach mixture each and place the stuffed shells in a large, buttered baking dish.
- ☐ Melt the butter in a medium saucepan.
- ☐ Add the garlic and cook for 1 minute.

- ☐
- Add the cream and bring to a simmer. Turn the heat to very low and add the 2 cups asiago cheese, parsley, and pepper. Stir until the cheese is dissolved.
- ☐
- Pour the sauce over the shells. Top with the remaining 1/4 cup asiago cheese.
- ☐
- Bake until golden on top, about 25 minutes.
- ☐
- Remove from the oven and serve immediately.

Nutrition Facts



Properties

Glycemic Index:63.33, Glycemic Load:18.83, Inflammation Score:-10, Nutrition Score:42.572608616041%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 845.91kcal (42.3%), Fat: 52.84g (81.3%), Saturated Fat: 25.76g (161.02%), Carbohydrates: 55.76g (18.59%), Net Carbohydrates: 49.39g (17.96%), Sugar: 7.52g (8.35%), Cholesterol: 117.29mg (39.1%), Sodium: 1220.81mg (53.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.14g (78.27%), Vitamin K: 609.23µg (580.22%), Vitamin A: 19102.22IU (382.04%), Selenium: 66.4µg (94.86%), Calcium: 920.42mg (92.04%), Manganese: 1.65mg (82.42%), Phosphorus: 680.62mg (68.06%), Folate: 238.52µg (59.63%), Magnesium: 183.27mg (45.82%), Vitamin B2: 0.75mg (43.88%), Vitamin E: 5.87mg (39.12%), Vitamin B6: 0.55mg (27.66%), Potassium: 934.49mg (26.7%), Zinc: 3.89mg (25.95%), Fiber: 6.37g (25.49%), Vitamin B1: 0.37mg (24.56%), Iron: 4.42mg (24.53%), Copper: 0.43mg (21.4%), Vitamin B12: 1.24µg (20.65%), Vitamin B3: 3.53mg (17.64%), Vitamin C: 12.04mg (14.59%), Vitamin D: 1.82µg (12.1%), Vitamin B5: 1.21mg (12.07%)