



Shells with Italian Sausage and Ricotta Stuffing

READY IN



81 min.

SERVINGS



6

CALORIES



996 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 eggs beaten
- 0.3 cup basil leaves fresh chopped
- 2 tablespoons parsley fresh chopped
- 16 ounce ground sausage sweet johnsonville®
- 12.5 ounce shells
- 48 ounce tomatoes
- 1 tablespoon olive oil
- 1 cup parmesan cheese divided grated

- 0.5 teaspoon pepper
- 15 ounce carton ricotta cheese
- 0.5 cup romano cheese grated
- 4 cups mozzarella cheese shredded divided

Equipment

- bowl
- frying pan
- oven
- baking pan
- dutch oven
- pastry brush

Directions

- In a skillet, cook sausage over medium heat, until pork is no longer pink; drain. In a Dutch oven, cook pasta shells according to package directions; drain and rinse with cold water.
- Using a pastry brush, coat sides and bottom of a 3-quart baking dish with oil.
- Pour half of the marinara sauce into baking dish. In a large bowl, combine eggs, ricotta cheese, 2-1/2 cups of mozzarella, 1/2 cup Parmesan cheese, Romano cheese, basil, pepper and prepared sausage. Stuff shells with meat mixture; arrange in baking dish.
- Pour remaining marinara sauce over shells.
- Cover and bake at 350 degrees F for 30 minutes. Uncover; sprinkle with remaining mozzarella and Parmesan cheese.
- Bake 5 minutes longer or until cheese is melted.
- Sprinkle with parsley.
- Serve.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:22.76, Inflammation Score:-9, Nutrition Score:37.525652263476%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 995.83kcal (49.79%), Fat: 58.18g (89.5%), Saturated Fat: 27.4g (171.25%), Carbohydrates: 62.63g (20.88%), Net Carbohydrates: 57.23g (20.81%), Sugar: 10.75g (11.95%), Cholesterol: 227.29mg (75.76%), Sodium: 2500.42mg (108.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.88g (111.77%), Selenium: 73.21µg (104.59%), Phosphorus: 850.86mg (85.09%), Calcium: 823.32mg (82.33%), Vitamin B12: 3.03µg (50.58%), Zinc: 7.12mg (47.5%), Vitamin B2: 0.78mg (46.02%), Vitamin A: 2282.79IU (45.66%), Manganese: 0.87mg (43.48%), Vitamin K: 37.41µg (35.63%), Vitamin B3: 7.02mg (35.09%), Potassium: 1194.59mg (34.13%), Vitamin B6: 0.64mg (32.22%), Vitamin E: 4.31mg (28.72%), Magnesium: 111.24mg (27.81%), Iron: 4.92mg (27.34%), Copper: 0.53mg (26.61%), Vitamin B1: 0.36mg (24.15%), Vitamin C: 18.36mg (22.25%), Fiber: 5.39g (21.58%), Vitamin B5: 2.04mg (20.43%), Folate: 56.74µg (14.19%), Vitamin D: 1.84µg (12.28%)