



Skinny Sausage-Stuffed Shells

READY IN



80 min.

SERVINGS



12

CALORIES



213 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

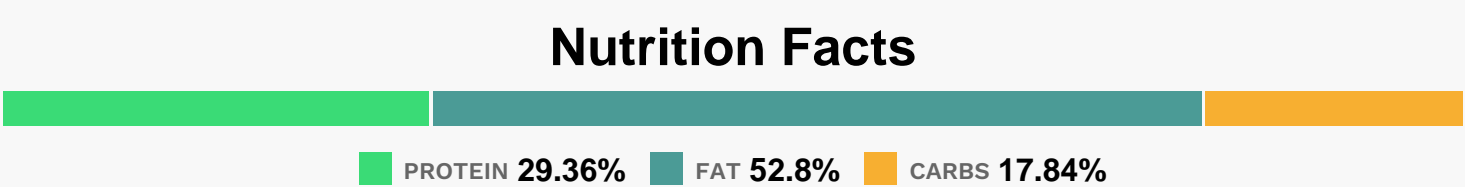
- ☐ 24 jumbo shells (from 12-oz box)
- ☐ 1 lb turkey sausage italian lean
- ☐ 15 oz ricotta cheese light
- ☐ 8 oz pizza cheese shredded italian reduced-fat
- ☐ 9 oz spinach frozen thawed
- ☐ 0.5 teaspoon basil dried
- ☐ 0.8 cup carrots shredded finely (1 medium)
- ☐ 25.5 oz pasta sauce italian organic

Equipment

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

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Cook and drain pasta as directed on package, omitting salt.
- ☐ In 10-inch nonstick skillet, crumble sausage. Cook over medium heat, stirring frequently, until no longer pink; drain.
- ☐ In medium bowl, stir ricotta cheese, 1 cup of the Italian cheese blend, the spinach and basil until well mixed. Stir in carrots and sausage.
- ☐ Spread about 1/2 cup of the pasta sauce over bottom of baking dish. Spoon about 3 tablespoonfuls sausage mixture into each pasta shell. Arrange shells, filled sides up, on sauce in baking dish.
- ☐ Pour remaining pasta sauce over stuffed shells. Spray 15-inch piece of foil with cooking spray; cover shells with foil.
- ☐ Bake 40 minutes. Uncover; sprinkle with remaining 1 cup Italian cheese blend.
- ☐ Bake uncovered 5 to 10 minutes longer or until cheese is melted.



Properties

Glycemic Index:13.4, Glycemic Load:2.18, Inflammation Score:-10, Nutrition Score:17.66999983658%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 213.47kcal (10.67%), Fat: 12.99g (19.98%), Saturated Fat: 5.02g (31.4%), Carbohydrates: 9.87g (3.29%), Net Carbohydrates: 7.71g (2.8%), Sugar: 4.02g (4.47%), Cholesterol: 41.89mg (13.96%), Sodium: 723.41mg (31.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.24g (32.49%), Vitamin A: 4302.96IU (86.06%), Vitamin K: 82.94µg (78.99%), Iron: 4.83mg (26.84%), Selenium: 16.44µg (23.49%), Vitamin C: 17.35mg (21.03%), Phosphorus: 159.3mg (15.93%), Calcium: 158.95mg (15.89%), Manganese: 0.28mg (13.75%), Vitamin B6: 0.27mg (13.47%), Vitamin B2: 0.23mg (13.39%), Folate: 45.54µg (11.38%), Potassium: 395.32mg (11.29%), Vitamin B3: 2.25mg (11.23%), Vitamin E: 1.58mg (10.55%), Magnesium: 40.65mg (10.16%), Zinc: 1.52mg (10.12%), Fiber: 2.16g (8.66%), Copper: 0.16mg (7.98%), Vitamin B5: 0.61mg (6.14%), Vitamin B1: 0.07mg (4.87%), Vitamin B12: 0.28µg (4.72%)