



Spinach and Cheese Stuffed Pasta Shells

READY IN



80 min.

SERVINGS



6

CALORIES



306 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 teaspoons basil dried
- ☐ 2 tablespoons fennel seed
- ☐ 20 ounce pkt spinach frozen thawed drained chopped
- ☐ 4 cloves garlic minced
- ☐ 32 jumbo shells
- ☐ 1 cup parmesan cheese grated
- ☐ 2 cups ricotta cheese
- ☐ 6 servings salt and pepper to taste
- ☐ 3.5 cups spaghetti sauce

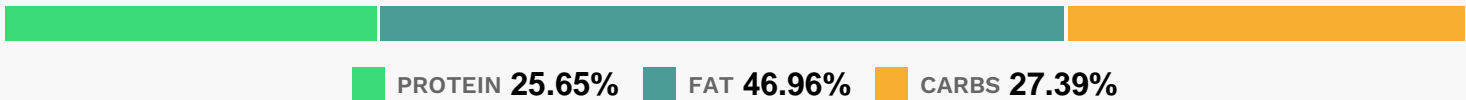
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bring a large pot of salted water to boil, gently place pasta shells in boiling water; bring water back to boil. Cook until noodles are just tender; drain well.
- ☐ Squeeze spinach dry.
- ☐ Combine spinach, ricotta, 1/3 cup Parmesan cheese, fennel, basil and garlic in a large mixing bowl. Season with salt and pepper; mix well.
- ☐ Spread 1/2 cup marinara sauce evenly over the bottom of a 9x13 inch baking dish.
- ☐ Fill each pasta shell with the spinach cheese mixture. Arrange the shells, filling side up in the baking dish. Spoon remaining marinara sauce over the shells.
- ☐ Sprinkle remaining Parmesan cheese on top of the shells.
- ☐ Cover the pan loosely with aluminum foil and bake in preheated oven until heated through; about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:4.92, Inflammation Score:-10, Nutrition Score:30.659565122231%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 306.15kcal (15.31%), Fat: 16.77g (25.79%), Saturated Fat: 9.57g (59.82%), Carbohydrates: 22g (7.33%), Net Carbohydrates: 15.98g (5.81%), Sugar: 6.11g (6.78%), Cholesterol: 56.66mg (18.89%), Sodium: 1304.92mg (56.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.6g (41.2%), Vitamin K: 362.48µg (345.22%), Vitamin A: 12217.11IU (244.34%), Manganese: 1.08mg (54.17%), Calcium: 496.61mg (49.66%), Folate: 162.86µg (40.71%), Selenium: 28.01µg (40.02%), Phosphorus: 344.97mg (34.5%), Vitamin E: 5.02mg (33.45%), Vitamin B2: 0.54mg (31.75%), Magnesium: 120.64mg (30.16%), Potassium: 931.49mg (26.61%), Fiber: 6.02g (24.07%), Iron: 4.32mg (24.01%), Vitamin B6: 0.4mg (19.89%), Vitamin C: 16.25mg (19.69%), Copper: 0.37mg (18.72%), Zinc: 2.72mg (18.14%), Vitamin B3: 2.24mg (11.18%), Vitamin B1: 0.16mg (10.37%), Vitamin B12: 0.51µg (8.43%), Vitamin B5: 0.8mg (7.98%), Vitamin D: 0.25µg (1.66%)