



HEALTH SCORE

58%

Spinach and Ricotta Stuffed Shells

READY IN



100 min.

SERVINGS



5

CALORIES



598 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 ounce baby spinach
- ☐ 56 ounce tomatoes crushed canned
- ☐ 1 large carrots scrubbed finely chopped well
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup basil leaves fresh
- ☐ 2 cloves garlic finely chopped
- ☐ 8 ounces turkey sausage sweet italian
- ☐ 6 ounce shells
- ☐ 5 servings kosher salt

- ☐ 8 ounces ground beef lean
- ☐ 1 medium onion finely chopped
- ☐ 0.5 cup parmesan finely grated
- ☐ 1 cup part skim mozzarella shredded
- ☐ 1.5 cups part skim ricotta
- ☐ 0.3 teaspoon pepper flakes red crushed

Equipment

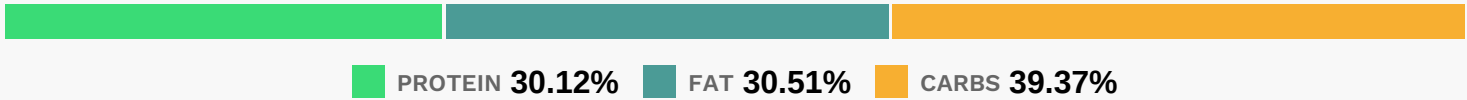
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ casserole dish
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ tongs
- ☐ colander

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large pot of salted water to a boil. Cook the shells for 1 minute less than indicated on the box.
- ☐ Drain and let cool. Spray a 9- by 13-inch casserole dish with nonstick spray.
- ☐ Heat a large high-sided skillet over medium-high heat.
- ☐ Add the beef and sausage and cook until browned, while stirring and breaking up with the back of a wooden spoon, 3 to 4 minutes. Stir in the carrots and onions and cook until softened, about 4 minutes more. Stir in the garlic and red pepper flakes if using, and cook until fragrant, about 1 minute.

- ☐ Add the crushed tomatoes and simmer on medium-low, uncovered, for 20 minutes. Stir in the basil at the end.
- ☐ Rinse the spinach in a colander with cold water. With water still clinging to the leaves, add the spinach to a large nonstick skillet over medium heat and toss with tongs until wilted.
- ☐ Remove from the heat and let cool. Once cool, wrap in paper towels and squeeze out any excess moisture. Chop roughly.
- ☐ Preheat the oven to 350 degrees F.
- ☐ In a large bowl, add the spinach, ricotta, 1/2 cup of the mozzarella, 1/4 cup of the Parmesan and the egg and give it a stir until well combined.
- ☐ Spread 3 ladlefuls of sauce on the bottom of the prepared casserole dish. Stuff each shell with about 1 heaping tablespoon of spinach and cheese mixture.
- ☐ Place the shells in the dish and then cover with more sauce.
- ☐ Sprinkle the casserole with the remaining 1/4 cup Parmesan and remaining 1/2 cup mozzarella. Cover with foil and bake for 30 minutes.
- ☐ Remove the foil and keep baking until the cheese is melted and bubbly, another 5 minutes.

Nutrition Facts



Properties

Glycemic Index:62.57, Glycemic Load:17.96, Inflammation Score:-10, Nutrition Score:48.60826086998%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 598.26kcal (29.91%), Fat: 20.82g (32.03%), Saturated Fat: 10.71g (66.91%), Carbohydrates: 60.44g (20.15%), Net Carbohydrates: 51.43g (18.7%), Sugar: 18.69g (20.76%), Cholesterol: 133.56mg (44.52%), Sodium: 1506.98mg (65.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.24g (92.48%), Vitamin K: 162.1µg (154.38%), Vitamin A: 6431.01IU (128.62%), Selenium: 62.94µg (89.92%), Phosphorus: 696.81mg (69.68%), Calcium: 672.87mg (67.29%), Vitamin C: 54.04mg (65.5%), Iron: 11.57mg (64.29%), Manganese: 1.28mg (64.06%), Vitamin B6: 1.05mg (52.61%), Potassium: 1634.03mg (46.69%), Zinc: 6.88mg (45.88%), Vitamin B3: 9.14mg (45.68%),

Copper: 0.87mg (43.36%), Vitamin B2: 0.69mg (40.73%), Magnesium: 152.31mg (38.08%), Fiber: 9.01g (36.04%),
Vitamin E: 5.07mg (33.78%), Folate: 133.18µg (33.29%), Vitamin B12: 1.82µg (30.33%), Vitamin B1: 0.39mg (26.13%),
Vitamin B5: 2.17mg (21.74%), Vitamin D: 0.44µg (2.91%)