



## Spinach-and-Ricotta Stuffed Shells

READY IN



80 min.

SERVINGS



6

CALORIES



340 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 large eggs lightly beaten
- ☐ 1 pinch ground nutmeg
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 24 jumbo shells
- ☐ 0.5 cup parmesan shredded
- ☐ 15 oz ricotta
- ☐ 6 servings salt and pepper
- ☐ 2 cups mozzarella cheese shredded
- ☐ 26 oz spaghetti sauce

☐ 10 oz pkt spinach frozen dry thawed chopped

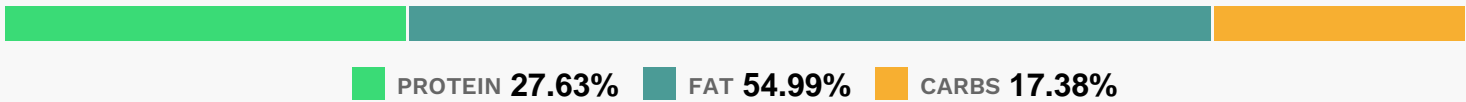
## Equipment

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

## Directions

- ☐ Preheat oven to 375F. Mist a 9-by-13-inch baking dish with cooking spray. Cook pasta shells according to package label directions; drain and set aside to cool. While pasta cooks, in a large bowl, stir together ricotta, 1 cup mozzarella, Parmesan, spinach, egg, salt, pepper, Italian seasoning and nutmeg.
- ☐ Spread 3/4 cup spaghetti sauce over bottom of baking dish. Stuff shells with cheese-and-spinach mixture and place in dish. Spoon remaining sauce over shells and sprinkle with remaining 1 cup mozzarella.
- ☐ Cover baking dish with foil and bake for 35 minutes.
- ☐ Remove foil and bake about 10 minutes longer, until bubbly and cheese begins to brown.

## Nutrition Facts



## Properties

Glycemic Index:40.5, Glycemic Load:4.22, Inflammation Score:-10, Nutrition Score:26.470000059708%

## Nutrients (% of daily need)

Calories: 339.69kcal (16.98%), Fat: 21.26g (32.71%), Saturated Fat: 12.55g (78.42%), Carbohydrates: 15.11g (5.04%), Net Carbohydrates: 11.59g (4.22%), Sugar: 5.52g (6.14%), Cholesterol: 102.31mg (34.1%), Sodium: 1250.35mg (54.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.04g (48.07%), Vitamin K: 183.09µg (174.37%), Vitamin A: 6756.06IU (135.12%), Calcium: 523.32mg (52.33%), Selenium: 27.17µg (38.82%), Phosphorus: 383.2mg (38.32%), Vitamin B2: 0.5mg (29.39%), Manganese: 0.54mg (27.11%), Folate: 96.82µg (24.21%), Vitamin E: 3.46mg (23.06%), Vitamin B12: 1.27µg (21.11%), Magnesium: 77.12mg (19.28%), Zinc: 2.85mg (19.02%), Potassium: 664.04mg (18.97%), Iron: 2.9mg (16.12%), Fiber: 3.52g (14.07%), Vitamin B6: 0.28mg (13.86%), Vitamin C: 11.21mg (13.59%),

Copper: 0.25mg (12.63%), Vitamin B3: 1.68mg (8.42%), Vitamin B5: 0.81mg (8.13%), Vitamin B1: 0.11mg (7.04%),  
Vitamin D: 0.5µg (3.33%)