



Spinach and Ricotta-Stuffed Shells

READY IN



45 min.

SERVINGS



6

CALORIES



230 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 24 jumbo shells cooked
- ☐ 1 large egg yolk
- ☐ 1 garlic clove minced
- ☐ 2 cups basic marinara divided
- ☐ 0.5 teaspoon onion powder
- ☐ 0.5 teaspoon oregano dried
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 2.5 cups part-skim ricotta cheese

- ☐ 0.3 teaspoon salt
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped

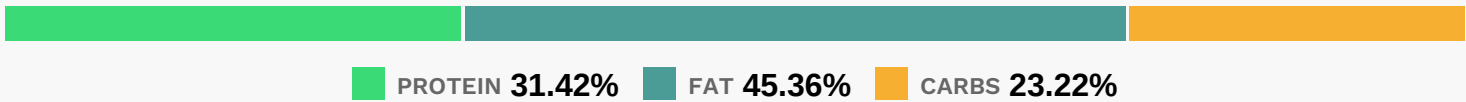
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Spread 1/2 cup Basic Marinara over bottom of a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Combine ricotta and next 8 ingredients (through garlic) in a large bowl, stirring well. Spoon about 1 1/2 tablespoons filling into each pasta shell. Arrange stuffed shells in prepared dish; spread with remaining 1 1/2 cups Basic Marinara. Cover and bake at 350 for 30 minutes.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:2.11, Inflammation Score:-10, Nutrition Score:23.371738993603%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 230.35kcal (11.52%), Fat: 11.93g (18.36%), Saturated Fat: 6.98g (43.61%), Carbohydrates: 13.74g (4.58%), Net Carbohydrates: 10.95g (3.98%), Sugar: 3.67g (4.08%), Cholesterol: 69.06mg (23.02%), Sodium: 801.18mg (34.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.6g (37.2%), Vitamin K: 180.15µg (171.57%), Vitamin A: 6408.85IU (128.18%), Calcium: 473.91mg (47.39%), Selenium: 25.46µg (36.37%), Phosphorus: 314.93mg (31.49%), Manganese: 0.48mg (23.82%), Folate: 94.9µg (23.73%), Vitamin B2: 0.4mg (23.47%), Vitamin E: 2.75mg (18.31%), Magnesium: 69.11mg (17.28%), Potassium: 555.62mg (15.87%), Zinc: 2.19mg (14.62%), Iron: 2.42mg (13.46%), Fiber:

2.8g (11.18%), Vitamin B6: 0.21mg (10.59%), Copper: 0.21mg (10.55%), Vitamin C: 8.51mg (10.32%), Vitamin B12: 0.47µg (7.81%), Vitamin B5: 0.69mg (6.86%), Vitamin B1: 0.1mg (6.49%), Vitamin B3: 1.18mg (5.92%), Vitamin D: 0.3µg (2.02%)