



Spring Shells and Cheese

READY IN



90 min.

SERVINGS



8

CALORIES



617 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounces baby spinach
- ☐ 3 bay leaves
- ☐ 8 servings pepper black freshly ground
- ☐ 1 pinch cayenne pepper
- ☐ 2 large egg yolks lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 4 sprigs thyme leaves fresh
- ☐ 1.3 cups gruyère cheese grated
- ☐ 8 servings kosher salt

- ☐ 0.5 lemon zest grated
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 1 cup parmesan cheese grated
- ☐ 1 pound shells
- ☐ 4 shallots minced
- ☐ 1 stick butter unsalted
- ☐ 6 cups milk whole
- ☐ 2 pounds zucchini

Equipment

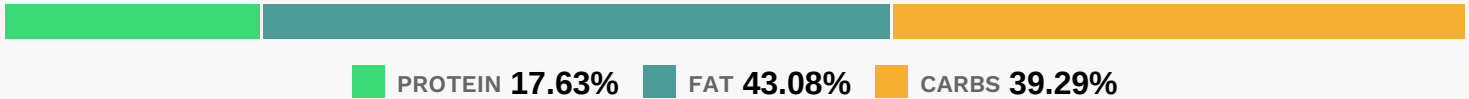
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ wooden spoon
- ☐ colander
- ☐ box grater

Directions

- ☐ Grate the zucchini into a colander using the large holes of a box grater. Toss with 1 tablespoon salt, then place in the sink to drain, about 15 minutes. Squeeze out the excess liquid.
- ☐ Meanwhile, melt 4 tablespoons butter in a large saucepan over medium heat.
- ☐ Add the flour, nutmeg, cayenne, 2 teaspoons salt, and black pepper to taste and mix with a wooden spoon to make a paste. Cook, stirring, until the paste puffs slightly, about 3 minutes. Slowly whisk in the milk, then add the thyme, bay leaves and lemon zest and bring to a boil, stirring. Reduce the heat and simmer until thickened slightly, about 25 minutes. Strain into a bowl; discard the herbs.

- ☐ Meanwhile, position a rack in the upper third of the oven and preheat to 425 degrees F. Bring a large pot of salted water to a boil; add the pasta and cook until al dente, about 8 minutes.
- ☐ Drain and add to the sauce.
- ☐ Melt the remaining 4 tablespoons butter in a skillet over medium heat.
- ☐ Add the shallots and cook until translucent, 2 to 3 minutes.
- ☐ Add the zucchini and cook, stirring, until almost tender, about 4 minutes.
- ☐ Add the zucchini mixture to the pasta along with the egg yolks and all but 3 tablespoons of both cheeses; stir to combine, then add the spinach.
- ☐ Transfer the mixture to a 9-by-13-inch baking dish and sprinkle with the reserved cheeses.
- ☐ Bake until browned on top and heated through, 25 to 30 minutes.
- ☐ Let rest 10 minutes before serving.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:23.53, Inflammation Score:-9, Nutrition Score:29.942608625992%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 616.8kcal (30.84%), Fat: 29.72g (45.72%), Saturated Fat: 17.32g (108.26%), Carbohydrates: 60.99g (20.33%), Net Carbohydrates: 57.05g (20.74%), Sugar: 14.46g (16.07%), Cholesterol: 129.42mg (43.14%), Sodium: 639.81mg (27.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.36g (54.71%), Vitamin K: 76.02µg (72.4%), Selenium: 49.49µg (70.7%), Calcium: 643.22mg (64.32%), Phosphorus: 586.32mg (58.63%), Vitamin A: 2592.48IU (51.85%), Manganese: 0.96mg (47.8%), Vitamin B2: 0.57mg (33.6%), Vitamin C: 26.6mg (32.24%), Vitamin B12: 1.58µg (26.25%), Magnesium: 101.85mg (25.46%), Vitamin B6: 0.5mg (24.83%), Potassium: 864.06mg (24.69%), Zinc: 3.34mg (22.27%), Folate: 86.35µg (21.59%), Vitamin B1: 0.28mg (18.68%), Vitamin D: 2.64µg (17.6%), Fiber: 3.94g (15.76%), Vitamin B5: 1.54mg (15.41%), Copper: 0.28mg (14.15%), Iron: 2.25mg (12.51%), Vitamin B3: 2.1mg (10.52%), Vitamin E: 1.11mg (7.42%)