



WHATSheATE

Stringy Macaroni

READY IN



85 min.

SERVINGS



8

CALORIES



302 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 16 ounce canned tomatoes canned
- ☐ 16 ounce curd cottage cheese
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 small onion minced
- ☐ 1.3 teaspoons oregano dried
- ☐ 0.5 cup parmesan cheese grated
- ☐ 8 ounce seashell pasta
- ☐ 0.5 teaspoon salt

☐ 0.5 pound mozzarella cheese shredded

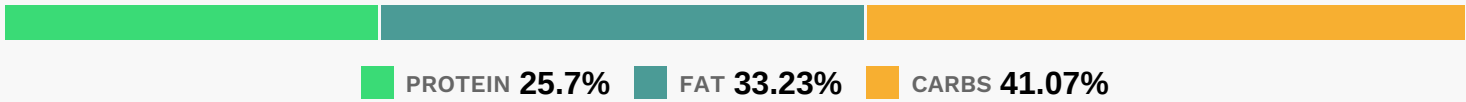
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Combine the tomato sauce, canned tomatoes, minced onion, salt, pepper and oregano in a saucepan. Cover and simmer for 20 minutes.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta shells and cook for 8 to 10 minutes or until al dente.
- ☐ Drain and rinse with cool water.
- ☐ Put a layer of cooked shells in a greased 3 quart casserole dish. After the shells, you put in the cottage cheese and spread it out to cover all the shells.
- ☐ Layer on the sauce, then another layer of shells, then the mozzarella cheese and more sauce.
- ☐ Add the last layer of shells, the parmesan, and finish with a layer of sauce.
- ☐ Bake in preheated oven for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:30.38, Glycemic Load:11.03, Inflammation Score:-7, Nutrition Score:13.213478269784%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 301.54kcal (15.08%), Fat: 11.22g (17.26%), Saturated Fat: 5.79g (36.22%), Carbohydrates: 31.19g (10.4%), Net Carbohydrates: 28.49g (10.36%), Sugar: 6.46g (7.17%), Cholesterol: 37.47mg (12.49%), Sodium: 822.43mg (35.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.53g (39.05%), Selenium: 31µg (44.28%), Phosphorus: 312.61mg (31.26%), Calcium: 282.05mg (28.2%), Manganese: 0.44mg (22.21%), Vitamin B12: 0.97µg (16.24%), Vitamin B2: 0.26mg (15.49%), Zinc: 1.96mg (13.1%), Copper: 0.25mg (12.33%), Potassium: 423.13mg (12.09%), Vitamin A: 575.57IU (11.51%), Magnesium: 44.84mg (11.21%), Fiber: 2.71g (10.83%), Vitamin B6: 0.21mg (10.43%), Vitamin C: 7.86mg (9.52%), Iron: 1.71mg (9.51%), Vitamin E: 1.34mg (8.92%), Vitamin B3: 1.57mg (7.86%), Vitamin B5: 0.76mg (7.58%), Vitamin B1: 0.1mg (7%), Folate: 26.6µg (6.65%), Vitamin K: 6.67µg (6.35%), Vitamin D: 0.2µg (1.34%)