



Stuffed Pasta Shells (Makeover)

READY IN



55 min.

SERVINGS



4

CALORIES



324 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 jumbo elbow pasta uncooked
- ☐ 0.5 lb pd of ground turkey lean
- ☐ 1 teaspoon seasoning italian
- ☐ 0.5 teaspoon fennel seeds
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 2 cups mushrooms fresh sliced
- ☐ 0.5 cup onion chopped
- ☐ 4 cloves garlic finely chopped

- ☐ 1 cup nonfat cottage cheese fat-free
- ☐ 0.3 cup eggs fat-free
- ☐ 2 cups pasta sauce
- ☐ 0.3 cup parmesan shredded

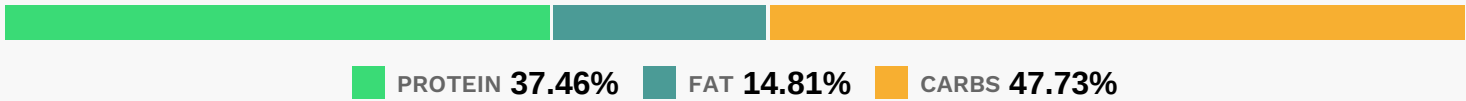
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Cook and drain pasta as directed on package, omitting salt.
- ☐ Meanwhile, in 10-inch nonstick skillet, cook turkey, Italian seasoning, fennel, salt and pepper over medium heat 8 to 10 minutes, stirring occasionally, until turkey is no longer pink; remove turkey mixture from skillet.
- ☐ In same skillet, cook mushrooms, onion and garlic over medium heat 6 to 8 minutes, stirring occasionally, until vegetables are tender. Stir turkey mixture, cottage cheese and egg product into mushroom mixture.
- ☐ Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Spoon about 1 tablespoon turkey mixture into each pasta shell.
- ☐ Place in baking dish. Spoon pasta sauce over shells.
- ☐ Cover with foil.
- ☐ Bake 20 to 25 minutes or until hot.
- ☐ Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:12.82, Inflammation Score:-7, Nutrition Score:22.49130406587%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 324.05kcal (16.2%), Fat: 5.44g (8.37%), Saturated Fat: 2.06g (12.86%), Carbohydrates: 39.45g (13.15%), Net Carbohydrates: 35.37g (12.86%), Sugar: 8.22g (9.13%), Cholesterol: 95.89mg (31.96%), Sodium: 1092.78mg (47.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.97g (61.93%), Selenium: 49.89µg (71.27%), Vitamin B3: 9.19mg (45.94%), Phosphorus: 456.88mg (45.69%), Vitamin B6: 0.81mg (40.49%), Vitamin B2: 0.58mg (34.21%), Manganese: 0.6mg (30.1%), Potassium: 912.66mg (26.08%), Copper: 0.47mg (23.66%), Vitamin B5: 2.3mg (22.96%), Magnesium: 72.17mg (18.04%), Calcium: 179.75mg (17.98%), Zinc: 2.69mg (17.97%), Iron: 3.01mg (16.71%), Fiber: 4.09g (16.35%), Vitamin C: 12.06mg (14.62%), Vitamin E: 2.12mg (14.14%), Vitamin A: 690.14IU (13.8%), Vitamin B12: 0.78µg (12.97%), Folate: 47.24µg (11.81%), Vitamin B1: 0.17mg (11.4%), Vitamin K: 7.06µg (6.72%), Vitamin D: 0.66µg (4.39%)