



Stuffed Pasta Shells Surprise

READY IN



75 min.

SERVINGS



8

CALORIES



337 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce alfredo sauce
- 6 ounce crab meat canned
- 0.3 pound ham cooked finely chopped
- 10 ounce pkt spinach frozen thawed drained chopped
- 1 teaspoon garlic powder
- 0.3 pound ground beef
- 24 jumbo shells
- 0.3 cup parmesan cheese grated
- 1 tablespoon pesto prepared

- 15 ounce ricotta cheese
- 0.3 cup mozzarella cheese shredded
- 24 ounce spaghetti sauce

Equipment

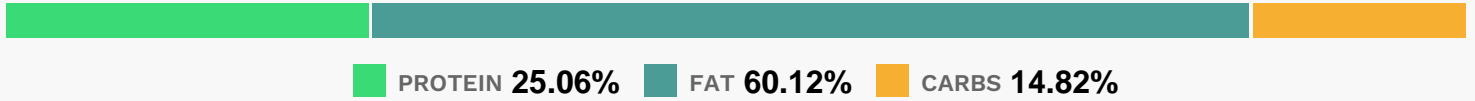
- bowl
- frying pan
- oven
- pot
- baking pan
- colander

Directions

- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the shell pasta, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 13 minutes.
- Drain well in a colander set in the sink.
- Heat a large skillet over medium-high heat and stir in the ground beef. Cook and stir until the beef is crumbly, evenly browned, and no longer pink.
- Drain and discard any excess grease.
- Preheat an oven to 350 degrees F (175 degrees C). Spray 2 9x13-inch baking dishes with cooking spray.
- Combine the 2 cups mozzarella cheese, ricotta cheese, 1/4 cup Parmesan cheese, spinach, and pesto together in a bowl.
- Stir half of the cheese-spinach mixture into the cooked beef. Season with garlic powder.
- Spread about 1 cup spaghetti sauce into a 9x13-inch baking dish. Stuff 12 pasta shells with the beef and cheese mixture, then arrange in the baking dish. Top with the remaining spaghetti sauce, and sprinkle with 1/4 cup mozzarella cheese and 1/4 cup Parmesan cheese.
- Mix the remaining spinach-cheese mixture with ham and crab. Stuff the last 12 pasta shells with the ham mixture, and arrange in another 9x13-inch baking dish sprayed with nonstick spray.

- Pour the alfredo sauce on top, then sprinkle with 1/4 cup mozzarella cheese and 1/4 cup Parmesan cheese.
- Bake both casseroles in the preheated oven until the cheese melts and the sauce is bubbly, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:2.83, Inflammation Score:-10, Nutrition Score:23.850434800853%

Nutrients (% of daily need)

Calories: 336.91kcal (16.85%), Fat: 22.55g (34.69%), Saturated Fat: 11.26g (70.39%), Carbohydrates: 12.51g (4.17%), Net Carbohydrates: 10.04g (3.65%), Sugar: 4.44g (4.93%), Cholesterol: 108.65mg (36.22%), Sodium: 1218.75mg (52.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.15g (42.3%), Vitamin K: 135.25µg (128.81%), Vitamin A: 4849.05IU (96.98%), Selenium: 28.07µg (40.1%), Phosphorus: 277.28mg (27.73%), Vitamin B12: 1.51µg (25.23%), Calcium: 239.65mg (23.96%), Manganese: 0.4mg (20.12%), Zinc: 3.01mg (20.08%), Vitamin B2: 0.34mg (19.75%), Folate: 78.83µg (19.71%), Vitamin E: 2.79mg (18.59%), Copper: 0.37mg (18.51%), Potassium: 583.76mg (16.68%), Magnesium: 61.9mg (15.47%), Vitamin B6: 0.3mg (14.83%), Vitamin C: 11.91mg (14.44%), Vitamin B3: 2.83mg (14.13%), Iron: 2.29mg (12.73%), Vitamin B1: 0.15mg (10.2%), Fiber: 2.46g (9.85%), Vitamin B5: 0.85mg (8.47%)