



## Stuffed Shells

READY IN



45 min.

SERVINGS



8

CALORIES



343 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 3 garlic clove minced
- 1 teaspoon seasoning dried italian
- 12 ounce elbow pasta ( 32 shells)
- 1 teaspoon olive oil
- 1 cup onion finely chopped
- 26 ounce pasta sauce (such as Classico)
- 15 ounce whole-milk ricotta cheese fat-free
- 3 ounces pecorino cheese fresh grated
- 0.5 teaspoon salt

- 15 ounce whole-milk ricotta cheese
- 10 ounce pkt spinach fresh trimmed coarsely chopped
- 8 ounce tomato sauce canned
- 6 pepperoni chopped (such as Hormel)

## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 350
- Cook pasta shells according to package directions, omitting salt and fat; drain. Rinse under cold water; drain and set aside.
- Heat oil in a large nonstick skillet over medium heat.
- Add onion, and cook, stirring constantly, 5 minutes.
- Add spinach, and cook, stirring constantly, 3 minutes.
- Combine spinach mixture, Romano cheese, and next 7 ingredients in a large bowl; stir well. Spoon about 1 heaping tablespoon spinach-cheese mixture into each cooked shell.
- Combine pasta sauce and tomato sauce; stir well. Spoon 1/2 cup sauce into a 13- x 9-inch baking dish. Arrange stuffed shells over sauce in baking dish; spoon remaining sauce over shells. Cover; bake at 350 for 35 minutes. Uncover; bake an additional 10 minutes.
- Let stand 5 minutes before serving.
- Garnish with basil, if desired.

## Nutrition Facts



## Properties

Glycemic Index:35.13, Glycemic Load:15.62, Inflammation Score:-10, Nutrition Score:23.691304350677%

## Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

## Nutrients (% of daily need)

Calories: 343.34kcal (17.17%), Fat: 5.24g (8.06%), Saturated Fat: 2.36g (14.73%), Carbohydrates: 50.76g (16.92%), Net Carbohydrates: 46.34g (16.85%), Sugar: 9.92g (11.03%), Cholesterol: 29.52mg (9.84%), Sodium: 1010.95mg (43.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.49g (40.98%), Vitamin K: 176.85µg (168.43%), Vitamin A: 3893.49IU (77.87%), Manganese: 0.91mg (45.26%), Selenium: 30.2µg (43.14%), Calcium: 355.1mg (35.51%), Vitamin C: 20.23mg (24.52%), Folate: 92.49µg (23.12%), Phosphorus: 221.32mg (22.13%), Potassium: 700.56mg (20.02%), Magnesium: 76.19mg (19.05%), Vitamin E: 2.66mg (17.76%), Fiber: 4.42g (17.67%), Iron: 2.93mg (16.27%), Copper: 0.32mg (16.25%), Vitamin B6: 0.3mg (15.13%), Vitamin B2: 0.22mg (13.06%), Vitamin B3: 2.3mg (11.5%), Zinc: 1.42mg (9.45%), Vitamin B1: 0.11mg (7.65%), Vitamin B5: 0.68mg (6.75%), Vitamin B12: 0.14µg (2.31%)