



Stuffed Shells I

 Popular

READY IN



50 min.

SERVINGS



8

CALORIES



500 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 cups curd cottage cheese
- 1 teaspoon parsley dried
- 2 eggs lightly beaten
- 1 pinch garlic powder
- 16 ounce shells
- 1 teaspoon oregano dried
- 0.3 cup parmesan cheese grated
- 12 ounces mozzarella cheese shredded

26 ounce spaghetti sauce

Equipment

frying pan

oven

Directions

Cook shells according to package directions.

Place in cold water to stop cooking.

Drain.

Mix together cottage cheese, mozzarella cheese, 1/2 cup Parmesan cheese, eggs, and garlic powder. Rub the dried herbs in the palms of your hands to pulverize them, and stir into the cheese mixture. Stuff mixture into the shells.

Spread 1/3 of spaghetti sauce in the bottom of a 15 x 10 inch pan.

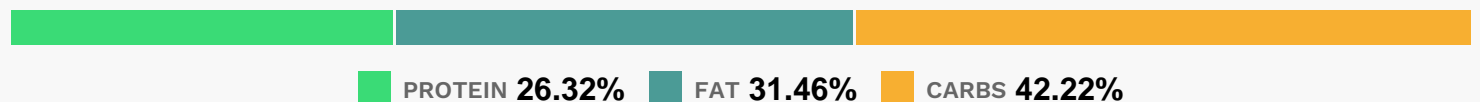
Place shells open side up, and close together in pan.

Spread remaining sauce over top, and sprinkle with remaining 1/4 cup Parmesan cheese.

Bake at 350 degrees F (175 degrees C) for 25 to 35 minutes, or until bubbly.

Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:19.89, Inflammation Score:-8, Nutrition Score:19.765652117522%

Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg

Nutrients (% of daily need)

Calories: 500.41kcal (25.02%), Fat: 17.43g (26.81%), Saturated Fat: 8.56g (53.52%), Carbohydrates: 52.63g (17.54%), Net Carbohydrates: 49.33g (17.94%), Sugar: 8.3g (9.23%), Cholesterol: 96.44mg (32.15%), Sodium: 1133.14mg (49.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.81g (65.62%), Selenium: 59.06µg

(84.38%), Phosphorus: 504.31mg (50.43%), Calcium: 371.27mg (37.13%), Manganese: 0.65mg (32.65%), Vitamin B2: 0.46mg (27.13%), Vitamin B12: 1.6µg (26.59%), Zinc: 2.98mg (19.87%), Vitamin A: 935.54IU (18.71%), Potassium: 574.49mg (16.41%), Magnesium: 64.56mg (16.14%), Copper: 0.32mg (15.91%), Vitamin B5: 1.4mg (14%), Fiber: 3.31g (13.23%), Vitamin B6: 0.26mg (13.13%), Iron: 2.19mg (12.17%), Vitamin E: 1.74mg (11.59%), Vitamin B3: 2.06mg (10.28%), Folate: 41.01µg (10.25%), Vitamin B1: 0.12mg (8.14%), Vitamin C: 6.47mg (7.84%), Vitamin K: 5.42µg (5.17%), Vitamin D: 0.52µg (3.46%)