



Stuffed Shells II

READY IN



45 min.

SERVINGS



6

CALORIES



546 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce tomato sauce canned
- 29 ounce canned tomatoes diced canned
- 16 ounce curd cottage cheese
- 0.3 tablespoon basil dried
- 0.1 teaspoon garlic minced
- 6 servings ground pepper black to taste
- 12 ounce shells
- 0.8 pound ground beef lean
- 1 onion chopped

- 2 teaspoons oregano dried
- 6 servings salt to taste
- 8 ounces mozzarella cheese shredded

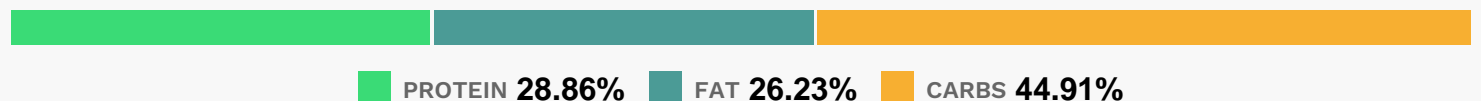
Equipment

- bowl
- frying pan
- oven
- pot
- baking pan
- aluminum foil

Directions

- Cook shell pasta in a large pot with boiling salted water until al dente.
- Drain well.
- In a large skillet brown the ground beef and onions.
- Drain grease.
- In a large bowl add the chopped tomatoes, tomato sauce, and cottage cheese; stir well.
- Add basil, oregano, garlic, salt, and pepper to taste. Stir until well blended.
- In the bottom of a 2 quart baking dish, cover with a half of cup of tomato sauce mixture. Stuff shells with beef mixture and place side by side in dish. Cover stuffed shells with remaining tomato sauce and top with mozzarella cheese. Cover with aluminum foil.
- Bake at 350 degrees F (175 degrees C) for an hour. Allow to stand for 15 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:22.36, Inflammation Score:-9, Nutrition Score:28.894347838734%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 546.21kcal (27.31%), Fat: 16.04g (24.68%), Saturated Fat: 7.81g (48.82%), Carbohydrates: 61.81g (20.6%), Net Carbohydrates: 55.64g (20.23%), Sugar: 13.28g (14.76%), Cholesterol: 77.87mg (25.96%), Sodium: 1227.62mg (53.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.72g (79.43%), Selenium: 60.85µg (86.92%), Phosphorus: 543.43mg (54.34%), Manganese: 0.95mg (47.63%), Vitamin B12: 2.46µg (40.95%), Zinc: 5.68mg (37.87%), Calcium: 346.43mg (34.64%), Vitamin B3: 6.63mg (33.16%), Vitamin B6: 0.66mg (32.94%), Potassium: 1083.11mg (30.95%), Copper: 0.58mg (29.12%), Iron: 5.21mg (28.96%), Vitamin B2: 0.48mg (28.44%), Magnesium: 99.18mg (24.79%), Fiber: 6.17g (24.66%), Vitamin C: 18.96mg (22.98%), Vitamin E: 3.23mg (21.54%), Vitamin A: 976.34IU (19.53%), Vitamin B5: 1.71mg (17.15%), Vitamin K: 17.58µg (16.75%), Vitamin B1: 0.24mg (15.72%), Folate: 54.55µg (13.64%), Vitamin D: 0.28µg (1.89%)