



Stuffed Shells with Arrabbiata Sauce

READY IN



65 min.

SERVINGS



10

CALORIES



510 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 large egg yolks
- ☐ 3 tablespoon basil leaves fresh chopped
- ☐ 1 teaspoon mint leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 12 ounces shells 1 box approximately 36 shells
- ☐ 5 cups tomatoes
- ☐ 2 tablespoons olive oil for greasing baking sheet
- ☐ 6 ounces pancetta diced thinly sliced

- ☐ 1.3 cups parmesan grated
- ☐ 3 tablespoons parsley leaves fresh italian chopped
- ☐ 2 teaspoons pepper flakes dried red crushed
- ☐ 1.5 teaspoons salt
- ☐ 1 cup mozzarella cheese shredded
- ☐ 30 ounce milk ricotta cheese whole

Equipment

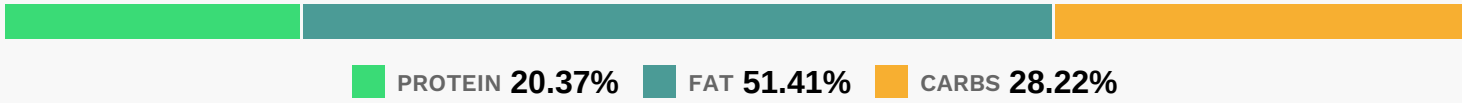
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Lightly oil a 12 by 9 by 2-inch baking dish and set aside. Lightly oil the baking sheet and set aside.
- ☐ Partially cook the pasta shells in a large pot of boiling salted water until slightly tender but still quite firm to the bite, about 4 to 6 minutes. You will continue cooking the shells in the oven after they have been stuffed. Using a slotted spoon, drain pasta shells and place on oiled baking sheet, spreading them out so that they don't stick together and allow to cool.
- ☐ Heat the oil in a heavy medium saucepan over medium heat.
- ☐ Add the pancetta and saute until golden brown, about 5 minutes.
- ☐ Add the red pepper flakes.
- ☐ Add the garlic and saute until tender, about 1 minute.
- ☐ Add the marinara sauce. Bring the sauce to a simmer, stirring often.

- ☐ In a medium bowl, stir the ricotta, Parmesan, egg yolks, basil, parsley, mint, salt, and pepper. Set aside.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Spoon 1 1/4 cups of the sauce over the prepared baking dish. Fill the cooked shells with the cheese mixture, about 2 tablespoons per shell. Arrange the shells in the prepared dish. Spoon the remaining sauce over the shells, then sprinkle with the mozzarella.
- ☐ Bake in the lower third of your oven until the filling is heated through and the top is golden brown, about 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:33.2, Glycemic Load:13.28, Inflammation Score:-8, Nutrition Score:19.999130394148%

Flavonoids

Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 509.89kcal (25.49%), Fat: 29.3g (45.07%), Saturated Fat: 14.17g (88.57%), Carbohydrates: 36.18g (12.06%), Net Carbohydrates: 33.03g (12.01%), Sugar: 5.81g (6.45%), Cholesterol: 145.96mg (48.65%), Sodium: 1410.08mg (61.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.12g (52.23%), Selenium: 46.87µg (66.96%), Calcium: 430.23mg (43.02%), Phosphorus: 418.26mg (41.83%), Vitamin A: 1445.45IU (28.91%), Vitamin K: 29.38µg (27.98%), Manganese: 0.5mg (24.96%), Vitamin B2: 0.4mg (23.4%), Zinc: 2.83mg (18.87%), Vitamin E: 2.77mg (18.44%), Potassium: 610.97mg (17.46%), Vitamin B6: 0.31mg (15.42%), Vitamin B12: 0.92µg (15.37%), Magnesium: 58.17mg (14.54%), Copper: 0.29mg (14.32%), Iron: 2.56mg (14.21%), Vitamin B3: 2.69mg (13.44%), Vitamin C: 10.47mg (12.69%), Fiber: 3.15g (12.61%), Vitamin B5: 1.09mg (10.95%), Folate: 41.39µg (10.35%), Vitamin B1: 0.14mg (9.47%), Vitamin D: 0.72µg (4.78%)