



Stuffed Shells with Beef and Broc

READY IN



60 min.

SERVINGS



2

CALORIES



1200 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 300 grams broccoli frozen
- 175 g cream cheese
- 400 g ground beef
- 2 servings herbs like: thym mixed
- 0.5 onion
- 150 grams shells dry
- 2 slices cheddar cheese shredded
- 330 ml tomato sauce

Equipment

- frying pan
- oven
- casserole dish

Directions

- Steam your frozen broccoli and cut it into smaller pieces if necessary.
- Fry the onion in a hot skillet until translucent. While the onion is frying, go ahead and start boiling your pasta shells. I cooked mine half the recommended time, but they have to at least be soft enough to stuff!
- Add the beef to the skillet with the onions.
- Drain your pasta when it's ready.
- Once the beef is browned and crispy (to your liking), add the tomato sauce, salt, pepper, and herbs to the skillet. Turn the heat to low.
- Mix the cream cheese with any fresh or dried herbs you like.
- Pour your steamed, chopped broccoli into a casserole dish.
- Stuff the shells with the cream cheese/herb mixture.
- Place the stuffed shells on top of the broccoli in the casserole dish. If you run out of cream cheese while stuffing, fill any remaining shells with some of the beef/tomato mixture.
- Once all the shells are stuffed and in the casserole dish, pour the meat and tomato mixture over the shells evenly. Cover with the shredded cheddar cheese.
- Bake at 176 C/350 F for 15 minutes or until the cheese has melted and the shells are soft (but not too soft ;))

Nutrition Facts

 PROTEIN 18.64%  FAT 54.07%  CARBS 27.29%

Properties

Glycemic Index:135, Glycemic Load:29.27, Inflammation Score:-10, Nutrition Score:51.015217205752%

Flavonoids

Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 11.94mg, Kaempferol: 11.94mg, Kaempferol: 11.94mg, Kaempferol: 11.94mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 10.47mg, Quercetin: 10.47mg, Quercetin: 10.47mg, Quercetin: 10.47mg

Nutrients (% of daily need)

Calories: 1200.05kcal (60%), Fat: 72.68g (111.82%), Saturated Fat: 33.67g (210.46%), Carbohydrates: 82.51g (27.5%), Net Carbohydrates: 73.15g (26.6%), Sugar: 15.1g (16.78%), Cholesterol: 231.38mg (77.13%), Sodium: 1280.38mg (55.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.38g (112.76%), Vitamin C: 148.16mg (179.58%), Vitamin K: 171.73µg (163.55%), Selenium: 90.13µg (128.75%), Vitamin B12: 4.48µg (74.72%), Zinc: 10.95mg (72.97%), Phosphorus: 710.18mg (71.02%), Manganese: 1.27mg (63.69%), Vitamin B6: 1.27mg (63.41%), Vitamin B3: 12.51mg (62.55%), Vitamin A: 2965.55IU (59.31%), Potassium: 1851.04mg (52.89%), Vitamin B2: 0.84mg (49.54%), Iron: 7.81mg (43.39%), Folate: 152.05µg (38.01%), Fiber: 9.36g (37.45%), Magnesium: 143.05mg (35.76%), Vitamin E: 5.31mg (35.43%), Vitamin B5: 3.26mg (32.56%), Copper: 0.64mg (32.16%), Calcium: 247.98mg (24.8%), Vitamin B1: 0.33mg (22.32%), Vitamin D: 0.21µg (1.37%)