



Taco-Stuffed Pasta Shells

READY IN



50 min.

SERVINGS



50

CALORIES



74 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 oz canned tomatoes diced mexican-style drained canned
- 1.5 cups four cheese shredded mexican style kraft finely
- 16 oz knudsen cottage cheese
- 1 eggs beaten
- 0.5 cup cilantro leaves fresh divided
- 1 lb ground beef lean cooked drained
- 12 oz shell macaroni cooked
- 0.5 cup milk
- 20 ritz crackers

1 cup taco bellâ® & chunky salsa thick

1 cup tomato sauce

Equipment

bowl

oven

baking pan

Directions

Heat oven to 350F.

Pour milk over crackers in large bowl; let stand 2 min. or until crackers are softened.

Add meat, cottage cheese, tomatoes, egg and 1/3 cup cilantro; mix well.

Mix tomato sauce and salsa until blended; pour 1/2 cup into 13x9-inch baking dish sprayed with cooking spray. Fill each pasta shell with 2 Tbsp. meat mixture; place over sauce in prepared dish. Top with remaining meat mixture and tomato sauce mixture; sprinkle with shredded cheese. Cover.

Bake 30 min. or until shells are heated through and shredded cheese is melted.

Sprinkle with remaining cilantro.

Nutrition Facts



Properties

Glycemic Index:4.14, Glycemic Load:0.4, Inflammation Score:-1, Nutrition Score:3.4882608315219%

Flavonoids

Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 74.28kcal (3.71%), Fat: 2.59g (3.98%), Saturated Fat: 1.17g (7.34%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 6.98g (2.54%), Sugar: 1.38g (1.53%), Cholesterol: 14.12mg (4.71%), Sodium: 137.79mg (5.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.34%), Selenium: 8.21µg (11.74%), Phosphorus: 73.86mg (7.39%), Zinc: 0.79mg (5.27%), Vitamin B12: 0.3µg (4.99%), Manganese: 0.1mg (4.85%), Vitamin B3: 0.89mg

(4.46%), Calcium: 44.03mg (4.4%), Vitamin B6: 0.08mg (4.08%), Vitamin B2: 0.07mg (4.01%), Potassium: 116.97mg (3.34%), Iron: 0.56mg (3.11%), Copper: 0.06mg (2.82%), Magnesium: 11.01mg (2.75%), Vitamin A: 129.41IU (2.59%), Vitamin E: 0.36mg (2.37%), Vitamin B5: 0.23mg (2.28%), Fiber: 0.57g (2.27%), Vitamin B1: 0.03mg (1.96%), Vitamin K: 2µg (1.9%), Folate: 6.54µg (1.63%), Vitamin C: 1.22mg (1.47%)