



## Taco Stuffed Shells

READY IN



80 min.

SERVINGS



16

CALORIES



115 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup green onion sliced
- 1 pound ground beef
- 16 jumbo shells
- 16 ounce refried beans canned
- 16 ounce salsa divided
- 0.3 cup cheddar cheese shredded
- 1.3 ounce taco seasoning
- 1 cup water

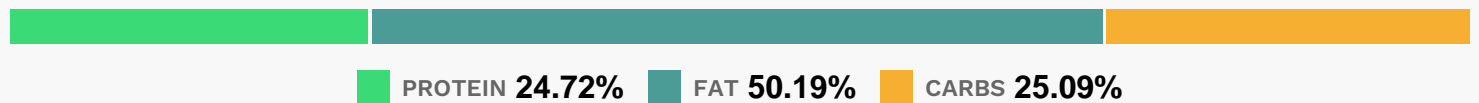
## Equipment

- frying pan
- oven
- pot
- baking pan

## Directions

- Bring a large pot of water to a boil over high heat. Stir in the shell pasta, and return to a boil. Cook the pasta uncovered, until just slightly firm to the bite, about 13 minutes.
- Drain well.
- Brown the ground beef in a large skillet; drain fat. Stir in the taco seasoning and water; cook over low heat until thickened, about 5 minutes. Stir the refried beans and 3/4 cup Cheddar cheese into the taco meat. Spoon meat mixture into prepared pasta shells.
- Spoon 1/4 cup salsa over the bottom of a 9x13 inch baking dish. Arrange filled shells over salsa. Spoon remaining salsa over shells.
- Bake in preheated oven for 40 minutes.
- Remove from oven; sprinkle with sliced green onion and 1/4 cup shredded Cheddar cheese.
- Serve with sour cream.

## Nutrition Facts



## Properties

Glycemic Index:8.75, Glycemic Load:1.07, Inflammation Score:-3, Nutrition Score:4.6047826227934%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 114.8kcal (5.74%), Fat: 6.34g (9.76%), Saturated Fat: 2.52g (15.77%), Carbohydrates: 7.13g (2.38%), Net Carbohydrates: 4.94g (1.8%), Sugar: 2.27g (2.53%), Cholesterol: 21.89mg (7.3%), Sodium: 559.26mg (24.32%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.06%), Vitamin B12: 0.63µg (10.42%), Zinc: 1.33mg (8.85%), Fiber: 2.19g (8.76%), Selenium: 5.65µg (8.07%), Vitamin A: 400.65IU (8.01%), Vitamin B3: 1.54mg (7.71%), Vitamin B6: 0.15mg (7.25%), Phosphorus: 64.42mg (6.44%), Iron: 1.11mg (6.18%), Vitamin K: 4.98µg (4.74%), Potassium: 157.59mg (4.5%), Calcium: 36.66mg (3.67%), Vitamin B2: 0.06mg (3.57%), Vitamin E: 0.49mg (3.23%), Magnesium: 10.54mg (2.63%), Manganese: 0.05mg (2.34%), Vitamin C: 1.83mg (2.22%), Copper: 0.04mg (2.14%), Vitamin B5: 0.21mg (2.12%), Vitamin B1: 0.02mg (1.63%), Folate: 4.67µg (1.17%)