



Taco Stuffed Shells

 Popular

READY IN



60 min.

SERVINGS



4

CALORIES



888 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup black beans
- ☐ 1 tablespoon butter melted
- ☐ 1 pound shells cooked
- ☐ 1 cup regular corn
- ☐ 4 ounces cream cheese
- ☐ 2 cloves garlic
- ☐ 1 pound ground beef
- ☐ 4 servings hot sauce to taste

- ☐ 1 tablespoon oil
- ☐ 1 onion diced
- ☐ 0.5 cup panko bread crumbs
- ☐ 1 cup salsa
- ☐ 4 servings salt and pepper to taste
- ☐ 1 cup cheese shredded
- ☐ 1 tablespoons taco seasoning
- ☐ 1 cup tomato purée

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the oil in a large pan over medium heat.
- ☐ Add the onions and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and saute until fragrant, about a minute.
- ☐ Add the ground beef and cook until browned, breaking it up, about 10 minutes.
- ☐ Add the taco seasoning, tomato puree, corn, black beans and goat cheese and cook until the goat cheese has melted in, about 2–3 minutes. Season with hot sauce, salt and pepper to taste.
- ☐ Spread the salsa into a large baking dish, stuff the shells with the beef mixture and place them in the salsa.
- ☐ Mix the butter into the bread crumbs and sprinkle onto the stuffed shells followed by the cheese.
- ☐ Bake in a preheated 350F oven until the cheese has melted and the bread crumbs turn golden brown, about 20–25 minutes.

Nutrition Facts



Properties

Glycemic Index:73.75, Glycemic Load:23.18, Inflammation Score:-9, Nutrition Score:32.477825994077%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg

Nutrients (% of daily need)

Calories: 887.96kcal (44.4%), Fat: 47.59g (73.21%), Saturated Fat: 20.64g (128.99%), Carbohydrates: 74.53g (24.84%), Net Carbohydrates: 64.45g (23.44%), Sugar: 11.14g (12.38%), Cholesterol: 138.79mg (46.26%), Sodium: 1112.86mg (48.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.57g (85.13%), Selenium: 58.06µg (82.94%), Phosphorus: 534.73mg (53.47%), Vitamin B12: 3.16µg (52.66%), Zinc: 7.54mg (50.27%), Manganese: 0.96mg (47.87%), Vitamin B3: 8.4mg (41.98%), Fiber: 10.07g (40.3%), Vitamin B6: 0.79mg (39.46%), Iron: 6.81mg (37.84%), Potassium: 1168.49mg (33.39%), Magnesium: 119.2mg (29.8%), Vitamin A: 1466.84IU (29.34%), Vitamin B2: 0.5mg (29.18%), Folate: 116.52µg (29.13%), Copper: 0.56mg (28.21%), Calcium: 263.74mg (26.37%), Vitamin E: 3.65mg (24.36%), Vitamin B1: 0.35mg (23.64%), Vitamin B5: 1.81mg (18.14%), Vitamin C: 13.15mg (15.94%), Vitamin K: 11.76µg (11.2%), Vitamin D: 0.23µg (1.5%)