



Tacos in Pasta Shells

READY IN



60 min.

SERVINGS



6

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter melted
- 1 teaspoon chili powder
- 3 ounce cream cheese
- 1 cup sauce
- 18 jumbo shells
- 1.3 pounds ground beef lean
- 1 cup monterrey jack cheese shredded
- 1 teaspoon salt
- 1 cup cheddar cheese shredded

- 1 cup cream sour
- 1.5 cups tortilla chips crushed

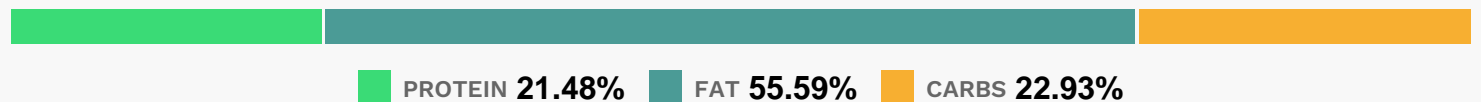
Equipment

- frying pan
- oven
- pot
- baking pan
- aluminum foil

Directions

- In a large skillet, brown beef over medium heat until no longer pink; drain.
- Add cream cheese, salt and chili powder; mix and simmer for 5 minutes.
- Meanwhile, bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain. Toss cooked shells in butter.
- Preheat oven to 350 degrees F (175 degrees C).
- Fill shells with beef mixture and arrange in a 9x13 inch baking dish; pour taco sauce over shells. Cover with foil and bake in preheated oven for 15 minutes.
- Remove dish from oven and top with Cheddar cheese, Monterey Jack cheese and tortilla chips; return dish to oven to cook for 15 minutes more.
- Top with sour cream and onions; serve.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:1.27, Inflammation Score:-6, Nutrition Score:18.453043570985%

Nutrients (% of daily need)

Calories: 631.4kcal (31.57%), Fat: 39.02g (60.02%), Saturated Fat: 19.3g (120.61%), Carbohydrates: 36.21g (12.07%), Net Carbohydrates: 34.44g (12.52%), Sugar: 11.44g (12.71%), Cholesterol: 141.15mg (47.05%), Sodium: 1345.64mg

(58.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.91g (67.83%), Phosphorus: 473.76mg (47.38%), Zinc: 6.72mg (44.81%), Selenium: 30.42µg (43.45%), Vitamin B12: 2.59µg (43.21%), Calcium: 368.18mg (36.82%), Vitamin B3: 5.6mg (28%), Vitamin B2: 0.43mg (25.43%), Vitamin B6: 0.48mg (24.24%), Vitamin A: 979.04IU (19.58%), Iron: 3mg (16.64%), Magnesium: 62.41mg (15.6%), Potassium: 490.06mg (14%), Vitamin E: 1.98mg (13.17%), Vitamin B5: 1.3mg (12.95%), Vitamin K: 8.77µg (8.35%), Fiber: 1.76g (7.06%), Vitamin B1: 0.1mg (6.8%), Copper: 0.13mg (6.73%), Folate: 19.87µg (4.97%), Manganese: 0.05mg (2.67%), Vitamin D: 0.32µg (2.14%)