



Three-Cheese Beef Pasta Shells

READY IN



80 min.

SERVINGS



8

CALORIES



428 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 24 jumbo elbow pasta uncooked
- 1 lb ground beef 80% lean (at least)
- 25.5 oz tomato sauce organic
- 0.3 cup water
- 8 oz approx cream cheese spread
- 6 oz pizza cheese shredded italian
- 0.5 cup parmesan cheese grated
- 1 eggs
- 1 tablespoons parsley fresh chopped

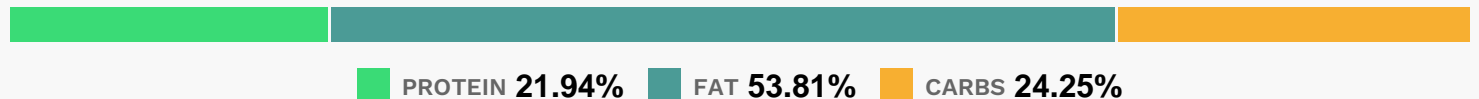
Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 350°F. Cook and drain pasta shells as directed on package.
- In 10-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Cool slightly, about 5 minutes.
- In large bowl, mix pasta sauce and water.
- Pour 1 cup of the pasta sauce mixture in bottom of ungreased 13x9-inch (3-quart) glass baking dish. In medium bowl, mix cheese spread, 1 cup of the Italian cheese, the Parmesan cheese, egg and cooked beef. Spoon heaping tablespoon mixture into each shell. Arrange stuffed shells over sauce in baking dish.
- Pour remaining sauce over top, covering shells completely. Cover with foil.
- Bake 40 to 45 minutes or until bubbly and cheese filling is set.
- Sprinkle with remaining 1/2 cup Italian cheese.
- Bake uncovered about 10 minutes or until cheese is melted.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:8.76, Inflammation Score:-6, Nutrition Score:13.351739359939%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Nutrients (% of daily need)

Calories: 427.66kcal (21.38%), Fat: 25.71g (39.55%), Saturated Fat: 10.4g (64.97%), Carbohydrates: 26.07g (8.69%), Net Carbohydrates: 23.93g (8.7%), Sugar: 4.77g (5.3%), Cholesterol: 87.98mg (29.33%), Sodium: 757.53mg (32.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.58g (47.16%), Selenium: 28.09µg (40.13%), Vitamin B12: 1.35µg (22.44%), Zinc: 3.25mg (21.7%), Phosphorus: 210.15mg (21.01%), Vitamin B3: 3.72mg (18.58%), Manganese: 0.33mg (16.5%), Calcium: 163.68mg (16.37%), Vitamin B6: 0.32mg (16.03%), Vitamin A: 786.48IU (15.73%), Potassium: 496.85mg (14.2%), Iron: 2.43mg (13.53%), Vitamin B2: 0.2mg (12.01%), Vitamin K: 11.9µg (11.33%), Vitamin E: 1.65mg (11.02%), Copper: 0.22mg (10.81%), Magnesium: 39.08mg (9.77%), Fiber: 2.14g (8.56%), Vitamin C: 6.99mg (8.47%), Vitamin B5: 0.77mg (7.74%), Folate: 20.14µg (5.04%), Vitamin B1: 0.07mg (4.8%), Vitamin D: 0.2µg (1.32%)