



Three-Cheese Beef Pasta Shells

 Popular

READY IN



80 min.

SERVINGS



8

CALORIES



428 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

0.3 cup water

Equipment

bowl

frying pan

oven

baking pan

aluminum foil

glass baking pan

Directions

Heat oven to 350F. Cook and drain pasta shells as directed on package.

In 10-inch skillet, cook ground 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 ground 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.

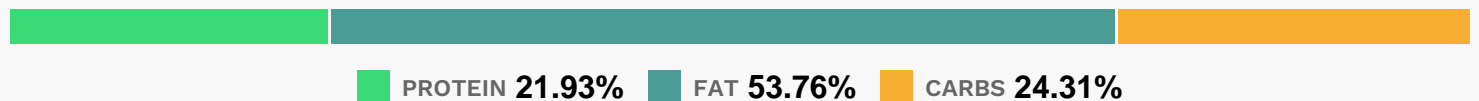
Bake 40 to 45 minutes or until bubbly and cheese filling is set.

Sprinkle with remaining 1/2 cup Italian cheese.

Bake 10 minutes longer or until cheese is melted.

Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:8.79, Inflammation Score:-6, Nutrition Score:13.422608764275%

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: 428.08kcal (21.4%), Fat: 25.71g (39.56%), Saturated Fat: 10.4g (64.97%), Carbohydrates: 26.16g (8.72%), Net Carbohydrates: 23.99g (8.73%), Sugar: 4.83g (5.37%), Cholesterol: 87.98mg (29.33%), Sodium: 765.93mg (33.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.6g (47.2%), Selenium: 28.1µg (40.15%), Vitamin B12: 1.35µg (22.44%), Zinc: 3.26mg (21.73%), Phosphorus: 210.63mg (21.06%), Vitamin B3: 3.73mg (18.67%), Manganese: 0.33mg (16.6%), Calcium: 163.93mg (16.39%), Vitamin B6: 0.32mg (16.12%), Vitamin A: 794.15IU (15.88%), Potassium: 502.11mg (14.35%), Iron: 2.45mg (13.62%), Vitamin B2: 0.21mg (12.08%), Vitamin K: 11.95µg (11.38%), Vitamin E: 1.68mg (11.19%), Copper: 0.22mg (10.91%), Magnesium: 39.35mg (9.84%), Fiber: 2.17g (8.67%), Vitamin C: 7.11mg (8.62%), Vitamin B5: 0.78mg (7.79%), Folate: 20.3µg (5.08%), Vitamin B1: 0.07mg (4.83%), Vitamin D: 0.2µg (1.32%)