



## Turkey and Artichoke Stuffed Shells with Arrabbiata Sauce

READY IN



1545 min.

SERVINGS



8

CALORIES



481 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 8 ounce artichokes frozen thawed coarsely chopped
- 0.3 teaspoon pepper black freshly ground
- 2 eggs lightly beaten
- 0.3 cup basil leaves fresh chopped
- 2 tablespoons flat-leaf parsley fresh chopped
- 3 cloves garlic chopped
- 1 pound pd of ground turkey
- 12 ounce shells (recommended: Barilla)

- 0.5 teaspoon kosher salt
- 5 ounces mozzarella cheese grated
- 3 tablespoons olive oil extra-virgin
- 0.8 cup parmesan grated
- 15 ounce ricotta cheese

## Equipment

- bowl
- frying pan
- oven
- pot
- plastic wrap
- baking pan

## Directions

- Bring a large pot of salted water to a boil over high heat.
- Add the pasta and partially cook until tender but still very firm to the bite, stirring occasionally, about 4 to 5 minutes.
- Drain pasta.
- Meanwhile, in a large heavy skillet, heat the olive oil over medium-high heat.
- Add the onions and the garlic and cook until the onions are soft and starting to brown, about 3 minutes.
- Add the ground turkey, 1/2 teaspoon salt, and 1/4 teaspoon black pepper and continue to cook, stirring occasionally, until the meat is slightly golden and cooked through.
- Add the artichoke hearts and stir to combine.
- Remove from heat and let cool.
- In a large bowl combine the cooled turkey mixture with the ricotta cheese, Parmesan cheese, eggs, basil, parsley, and the remaining salt and pepper. Stir to combine.
- To stuff the shells, cover the bottom of a 9-by-13-by-2-inch baking dish with 1 cup of Arrabbiata sauce. Take a shell in the palm of your hand and stuff it with a large spoonful of

turkey mixture, about 2 tablespoons.

- Place the stuffed shell in the baking dish. Continue filling the shells until the baking dish is full, about 24 shells.
- Drizzle the remaining Arrabbiata Sauce over the shells, top with the grated mozzarella. If freezing, cover tightly with plastic wrap and place in the freezer for 1 day and up to 1 month.
- To bake, preheat the oven to 400 degrees F.
- Bake until the shells are warmed through and the cheese is beginning to brown, about 60 minutes (20 minutes if shells are unfrozen.)
- tablespoons extra-virgin olive oil
- ounces sliced pancetta, coarsely chopped
- teaspoons crushed red pepper flakes
- garlic cloves, minced
- cups jarred or fresh marinara sauce
- Heat the olive oil in a large soup pot over medium heat.
- Add the pancetta and saute until golden brown, about 5 minutes.
- Add the garlic and saute until tender, about 1 minute.
- Add the marinara sauce and red pepper flakes and bring to a simmer.
- Remove from heat and let cool until ready to use.

## Nutrition Facts



**PROTEIN 28.76%** **FAT 39.98%** **CARBS 31.26%**

## Properties

Glycemic Index:39.88, Glycemic Load:13.98, Inflammation Score:-6, Nutrition Score:20.416521756545%

## Flavonoids

Naringenin: 3.54mg, Naringenin: 3.54mg, Naringenin: 3.54mg, Naringenin: 3.54mg Apigenin: 4.28mg, Apigenin: 4.28mg, Apigenin: 4.28mg, Apigenin: 4.28mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 481.49kcal (24.07%), Fat: 21.39g (32.9%), Saturated Fat: 9.75g (60.97%), Carbohydrates: 37.61g (12.54%), Net Carbohydrates: 34.64g (12.6%), Sugar: 1.88g (2.09%), Cholesterol: 119.59mg (39.86%), Sodium: 525.91mg (22.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.62g (69.24%), Selenium: 55.83µg (79.76%), Phosphorus: 470.96mg (47.1%), Calcium: 344.94mg (34.49%), Vitamin B3: 6.66mg (33.3%), Vitamin B6: 0.65mg (32.6%), Vitamin K: 28.22µg (26.87%), Manganese: 0.52mg (25.84%), Zinc: 3.3mg (22.01%), Vitamin B2: 0.34mg (20.11%), Vitamin B12: 1.08µg (18.07%), Magnesium: 72.2mg (18.05%), Potassium: 473.25mg (13.52%), Copper: 0.25mg (12.7%), Vitamin A: 631.04IU (12.62%), Fiber: 2.98g (11.9%), Folate: 46.99µg (11.75%), Vitamin B5: 1.14mg (11.41%), Iron: 2.04mg (11.35%), Vitamin B1: 0.12mg (7.84%), Vitamin E: 1.14mg (7.6%), Vitamin C: 5.13mg (6.22%), Vitamin D: 0.67µg (4.47%)