

# Italian Stuffed Shells

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-italian-hamburger-meat>

## Ingredients:

- 1 pound hamburger meat
- 15 ounces crushed tomatoes
- 15 ounces tomato sauce
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 20 shells large
- 15 ounces ricotta cheese
- 1 egg
- 4 ounces shredded Parmesan
- 1 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups mozzarella cheese

## Nutrition:

1. Calories: 1050 calories
2. Carbohydrate: 66 grams
3. Cholesterol: 250 milligrams
4. Fat: 56 grams
5. Fiber: 7 grams
6. Protein: 69 grams
7. SaturatedFat: 29 grams
8. Sodium: 1890 milligrams
9. Sugar: 12 grams
10. TransFat: 1 grams

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