

5 Cheese Stuffed Shells

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/jumbo-italian-shells-recipe-with-ricotta-spinach>

Ingredients:

- 20 jumbo pasta shells cooked to package instructions
- 1 tablespoon olive oil
- 4 garlic cloves minced
- 4 cups spinach coarsely chopped
- 12 ounces ricotta
- 1 cup shredded mozzarella
- 1/2 cup grated Parmesan cheese
- 1/2 cup shredded romano cheese
- 4 slices provolone cheese finely chopped
- 1 egg beaten
- 1 teaspoon Italian seasoning
- 24 ounces spaghetti sauce

Nutrition:

1. Calories: 820 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 160 milligrams
4. Fat: 42 grams
5. Fiber: 7 grams
6. Protein: 44 grams
7. SaturatedFat: 22 grams
8. Sodium: 1600 milligrams
9. Sugar: 18 grams

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