

# Stuffed Shells

Yield: 6 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-stuffed-pasta-shells>

## Ingredients:

- 18 jumbo pasta shells
- 15 ounces ricotta cheese
- 2 large eggs
- 1 cup grated Parmesan cheese
- 2 cups mozzarella cheese grated
- 1/4 cup parsley finely chopped
- 26 ounces tomato sauce good

## Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 155 milligrams
4. Fat: 28 grams
5. Fiber: 5 grams
6. Protein: 31 grams
7. SaturatedFat: 15 grams
8. Sodium: 1080 milligrams
9. Sugar: 13 grams

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