

Mexican Pasta Shells with Cheese

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 200 grams pasta shells
- 1 teaspoon cooking oil
- 7 ounces tomato puree seasoned
- 1/2 teaspoon base Original Better Than Bouillon Roasted Garlic
- 14 ounces water
- 2 cups shredded cheese

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 60 milligrams
4. Fat: 21 grams
5. Fiber: 2 grams
6. Protein: 22 grams
7. SaturatedFat: 12 grams
8. Sodium: 560 milligrams
9. Sugar: 5 grams

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