

Cheesy Stuffed Shells

Yield: 8 min
Total Time: 60 min

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

Ingredients:

- 16 ounces jumbo pasta shells
- 1/2 pound italian sausage
- 10 ounces frozen chopped spinach thawed, drained and squeezed dry
- 1 cup ricotta cheese
- 1 egg
- 3 cloves garlic crushed
- 1/2 lemon juiced
- 1/4 cup grated Parmesan cheese
- pepper
- salt
- 1/2 teaspoon dried oregano
- 2 cups spaghetti sauce
- 2 cups shredded mozzarella cheese

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 57 grams
3. Cholesterol: 90 milligrams
4. Fat: 24 grams
5. Fiber: 5 grams
6. Protein: 26 grams
7. SaturatedFat: 11 grams
8. Sodium: 860 milligrams
9. Sugar: 8 grams

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