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## Spinach and Pasta Shells · ·

Spinach and Pasta Shells is a delicious vegetarian recipe that combines the flavors of spinach and pasta. It is a healthy and nutritious dish that can be enjoyed as a main course or as a side dish. The recipe is easy to make and can be prepared in under an hour. The dish is perfect for a quick and healthy meal.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

200 g	spinach
300 g	pasta shells
2 tbsp	olive oil
2 cloves	garlic

1 tsp salt

1 tsp black pepper

## Directions

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### Step 1

Boiling

Cook the pasta shells according to the package instructions.

**Prep Time:** 10 mins

**Cook Time:** 10 mins

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### Step 2

Sautéing

Heat olive oil in a pan and sauté the garlic until golden brown.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

Sautéing

Add the spinach to the pan and cook until wilted.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 4

Season with salt and black pepper to taste.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Mixing

Combine the cooked pasta shells with the spinach mixture.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 300 kcal

**Fat:** 10 g

**Protein:** 10 g

**Carbohydrates:** 40 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	10 mg	0.29%	0.38%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Cuisines

Italian

American

Mediterranean

Greek

Spanish

German

Korean

Vietnamese

Middle Eastern

### Course

Salads

Side Dishes

Appetizers

Sauces & Dressings

### Meal Type

Lunch

Brunch

Supper

### Nutritional Content

Low Calorie

Low Fat

Low Carb

Low Sodium

### Kitchen Tools

Blender

### Cultural

Chinese New Year

### Difficulty Level

Medium

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