



Baked Lemon Ziti

READY IN



100 min.

SERVINGS



10

CALORIES



780 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.7 cup breadcrumbs plain
- ☐ 10 servings butter for greasing the baking dish
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup basil fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup juice of lemon fresh (from 1 large lemon)
- ☐ 2 lemon zest

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 10 servings olive oil extra-virgin for drizzling
- ☐ 12 ounces pancetta sliced into 1/ slices, chopped
- ☐ 0.3 cup parmesan grated
- ☐ 0.8 cup parmesan grated
- ☐ 10 servings salt
- ☐ 2 cups mozzarella cheese shredded
- ☐ 0.5 cup butter unsalted at room temperature (1 stick)
- ☐ 3.5 cups milk whole at room temperature
- ☐ 1 pound ziti pasta

Equipment

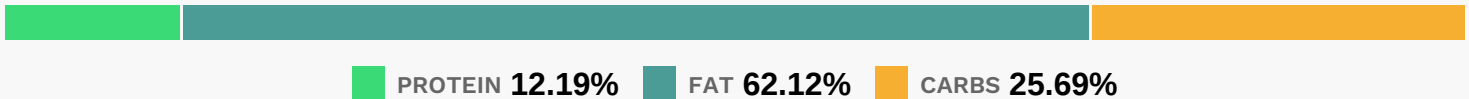
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Place an oven rack in the center of the oven. Preheat the oven to 350 degrees F. Butter a 13- by 9- by 2-inch glass or ceramic baking dish.
- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta and cook until tender but still firm to the bite, stirring occasionally, 8 to 10 minutes.

- ☐ In a large nonstick skillet, heat the olive oil over medium-high heat.
- ☐ Add the pancetta and cook until brown and crispy, about 8 minutes. Using a slotted spoon, remove the pancetta and drain on paper towels.
- ☐ For the sauce: In a 2-quart saucepan, melt the butter over medium heat.
- ☐ Add the flour and whisk until smooth, about 2 minutes. Gradually add the milk, whisking constantly to prevent lumps.
- ☐ Add the lemon zest. Simmer over medium heat, whisking constantly, until the sauce thickens, about 10 minutes.
- ☐ Remove the pan from the heat and stir in the Parmesan, salt and pepper.
- ☐ In a large bowl, combine the cheese sauce, cooked pancetta, pasta, basil and thyme. Toss until the ingredients are coated. Stir in the lemon juice. Spoon the mixture into the prepared baking dish and sprinkle with the mozzarella.
- ☐ For the topping: In a small bowl, combine the breadcrumbs and Parmesan.
- ☐ Sprinkle the topping over the pasta mixture.
- ☐ Drizzle the top with olive oil and bake until the top is golden brown, 25 minutes. Cool for 10 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:43.3, Glycemic Load:18.9, Inflammation Score:-9, Nutrition Score:18.97173904336%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 779.6kcal (38.98%), Fat: 53.89g (82.9%), Saturated Fat: 21.59g (134.96%), Carbohydrates: 50.15g (16.72%), Net Carbohydrates: 47.81g (17.38%), Sugar: 6.32g (7.02%), Cholesterol: 92.92mg (30.97%), Sodium: 1087.62mg (47.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.79g (47.58%), Selenium: 47.49µg

(67.85%), Phosphorus: 401.54mg (40.15%), Calcium: 388.22mg (38.82%), Manganese: 0.6mg (30.05%), Vitamin B12: 1.33µg (22.08%), Vitamin B1: 0.32mg (21.11%), Vitamin K: 21.95µg (20.91%), Vitamin B2: 0.35mg (20.46%), Vitamin A: 989.91IU (19.8%), Vitamin E: 2.94mg (19.62%), Zinc: 2.56mg (17.06%), Vitamin B3: 3.19mg (15.97%), Magnesium: 56.83mg (14.21%), Vitamin B6: 0.25mg (12.54%), Iron: 1.99mg (11.04%), Potassium: 373.04mg (10.66%), Copper: 0.2mg (10.07%), Fiber: 2.34g (9.35%), Vitamin D: 1.39µg (9.26%), Vitamin B5: 0.89mg (8.92%), Folate: 33.77µg (8.44%), Vitamin C: 6.58mg (7.98%)