

Baked Pasta

READY IN



45 min.

SERVINGS



8

CALORIES



422 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 ounces brown gravy mix
- 30 ounce tomato sauce canned
- 1 teaspoon basil dried
- 3 cloves garlic minced
- 0.5 cup half-and-half
- 1 pound ground beef lean
- 1 teaspoon oregano dried
- 0.5 cup parmesan cheese grated
- 16 ounce soup noodles dry

1 cup mozzarella cheese shredded

Equipment

frying pan

oven

pot

baking pan

dutch oven

Directions

In a Dutch oven or large frying pan, cook and stir ground beef until brown.

Add garlic, tomato sauce, gravy, cream, Parmesan cheese, oregano and basil. Simmer for 30 minutes.

Meanwhile, cook pasta in a large pot of boiling water until al dente.

Drain.

Combine the cooked ziti and the sauce, and spread into a greased 9x13 baking dish.

Sprinkle with mozzarella cheese.

Bake at 350 degrees F (175 degrees C) for 20 to 30 minutes, until bubbly.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:19.03, Inflammation Score:-7, Nutrition Score:19.20608725496%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 422.16kcal (21.11%), Fat: 11.37g (17.49%), Saturated Fat: 5.36g (33.48%), Carbohydrates: 53.2g (17.73%), Net Carbohydrates: 49.62g (18.04%), Sugar: 7.54g (8.37%), Cholesterol: 56.94mg (18.98%), Sodium: 989.18mg (43.01%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.36g (52.72%), Selenium: 51.56µg (73.66%), Phosphorus: 354.12mg (35.41%), Manganese: 0.69mg (34.63%), Zinc: 4.69mg (31.24%), Vitamin B12: 1.7µg (28.37%), Vitamin B3: 5.19mg (25.97%), Vitamin B6: 0.44mg (22.15%), Potassium: 691.41mg (19.75%), Iron: 3.43mg (19.04%), Calcium: 182.86mg (18.29%), Copper: 0.34mg (17.14%), Vitamin B2: 0.29mg (17%), Magnesium: 66.82mg (16.7%), Fiber: 3.59g (14.34%), Vitamin A: 667.85IU (13.36%), Vitamin E: 1.91mg (12.72%), Vitamin B5: 1.03mg (10.31%), Vitamin C: 7.94mg (9.62%), Vitamin B1: 0.11mg (7.53%), Vitamin K: 7.54µg (7.19%), Folate: 25.43µg (6.36%)