



Baked Three-Cheese Ziti

READY IN



51 min.

SERVINGS



8

CALORIES



493 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups tomatoes
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 8 servings parmesan cheese freshly grated
- ☐ 3 tablespoons pesto sauce jarred
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 1 cup ricotta cheese
- ☐ 8 oz mozzarella cheese shredded
- ☐ 12 ounces ziti pasta uncooked

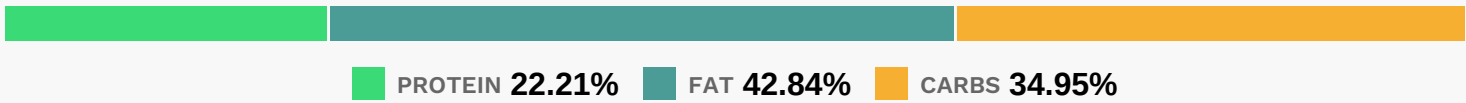
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook pasta according to package directions; drain and transfer to a large bowl.
- ☐ Add 2 cups marinara sauce, half of mozzarella cheese, half of Parmesan cheese, ricotta cheese, pesto, and red pepper, stirring gently to blend.
- ☐ Spoon pasta mixture into a lightly greased 13" x 9" baking dish. Spoon remaining marinara sauce over pasta; sprinkle with remaining mozzarella and Parmesan cheese.
- ☐ Bake, uncovered, at 400 for 30 minutes or until cheese is melted and bubbly.
- ☐ Serve extra Parmesan at the table.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:14.76, Inflammation Score:-7, Nutrition Score:18.078260815662%

Nutrients (% of daily need)

Calories: 493.36kcal (24.67%), Fat: 23.52g (36.18%), Saturated Fat: 12.44g (77.72%), Carbohydrates: 43.17g (14.39%), Net Carbohydrates: 40.32g (14.66%), Sugar: 4.99g (5.55%), Cholesterol: 70.19mg (23.4%), Sodium: 1329.82mg (57.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.43g (54.86%), Selenium: 49.44µg (70.63%), Calcium: 558.84mg (55.88%), Phosphorus: 484.53mg (48.45%), Manganese: 0.53mg (26.52%), Zinc: 3.56mg (23.74%), Vitamin A: 1172.91IU (23.46%), Vitamin B12: 1.24µg (20.69%), Vitamin B2: 0.35mg (20.68%), Magnesium: 58.18mg (14.54%), Potassium: 489.71mg (13.99%), Copper: 0.25mg (12.67%), Fiber: 2.85g (11.4%), Vitamin E: 1.67mg (11.11%), Iron: 1.88mg (10.47%), Vitamin B6: 0.2mg (10.25%), Vitamin B3: 1.73mg (8.65%), Vitamin C: 6.43mg (7.8%), Vitamin B5: 0.69mg (6.92%), Folate: 23.82µg (5.96%), Vitamin B1: 0.08mg (5.52%), Vitamin K: 4.29µg (4.09%), Vitamin D: 0.36µg (2.38%)