



Baked Ziti

READY IN



45 min.

SERVINGS



10

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 1 pound ground beef lean
- ☐ 3 cups milk
- ☐ 1 tablespoon olive oil
- ☐ 0.5 medium onion chopped
- ☐ 1 cup parmesan cheese grated
- ☐ 0.5 teaspoon pepper

- ☐ 0.8 teaspoon salt divided
- ☐ 8 ounce mozzarella cheese shredded
- ☐ 26 ounce tomato-and-basil pasta sauce
- ☐ 16 ounce ziti pasta

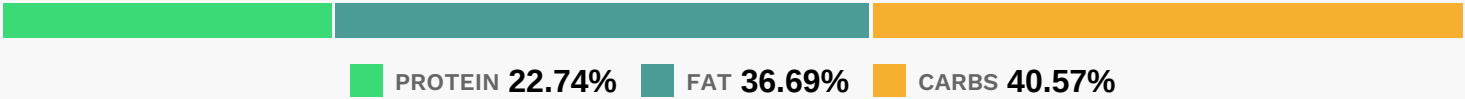
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Saut chopped onion in hot oil in a large skillet over medium-high heat 5 minutes or until tender.
- ☐ Add garlic, and saut 1 minute.
- ☐ Add beef, and cook, stirring until beef crumbles and is no longer pink.
- ☐ Drain beef mixture, and return to pan. Stir in pasta sauce and 1/2 teaspoon salt. Set aside.
- ☐ Cook pasta in a large Dutch oven according to package directions.
- ☐ Drain and return to Dutch oven.
- ☐ Melt butter in a heavy saucepan over low heat; whisk in flour until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in milk; cook over medium heat, whisking constantly, until mixture is thickened and bubbly. Stir in Parmesan cheese, remaining 1/4 teaspoon salt, and pepper.
- ☐ Pour sauce over pasta in Dutch oven, stirring until pasta is evenly coated.
- ☐ Transfer pasta mixture to a lightly greased 13- x 9-inch baking dish. Top evenly with beef mixture; sprinkle evenly with mozzarella cheese.
- ☐ Bake at 350 for 20 to 25 minutes or until cheese is melted.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:32.1, Glycemic Load:16.47, Inflammation Score:-7, Nutrition Score:17.714782476425%

Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 491.58kcal (24.58%), Fat: 19.77g (30.42%), Saturated Fat: 9.68g (60.53%), Carbohydrates: 49.19g (16.4%), Net Carbohydrates: 45.18g (16.43%), Sugar: 10.53g (11.7%), Cholesterol: 72.55mg (24.18%), Sodium: 856.65mg (37.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.57g (55.14%), Selenium: 46.23µg (66.04%), Phosphorus: 399.27mg (39.93%), Vitamin B12: 2.07µg (34.51%), Calcium: 334.42mg (33.44%), Zinc: 4.38mg (29.21%), Manganese: 0.48mg (24.22%), Potassium: 654.63mg (18.7%), Vitamin B2: 0.31mg (18.52%), Vitamin A: 906.32IU (18.13%), Vitamin B3: 3.52mg (17.59%), Fiber: 4g (16.01%), Vitamin B6: 0.32mg (15.94%), Iron: 2.39mg (13.26%), Magnesium: 52.29mg (13.07%), Copper: 0.18mg (9.09%), Vitamin B1: 0.13mg (8.78%), Vitamin B5: 0.85mg (8.5%), Vitamin D: 0.99µg (6.61%), Vitamin C: 4.13mg (5.01%), Folate: 17.94µg (4.49%), Vitamin E: 0.61mg (4.07%), Vitamin K: 2.43µg (2.32%)