



WHATSheATE



Baked Ziti

READY IN



55 min.

SERVINGS



4

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 cups soup noodles hot tube-shaped cooked ziti
- ☐ 26 ounce sauce italian traditional prego®
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1.5 cups mozzarella cheese shredded

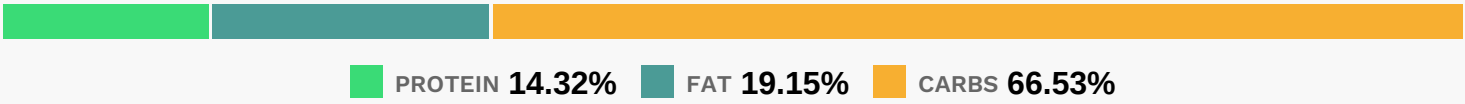
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Mix pasta sauce, 1 cup mozzarella cheese and ziti. Spoon into 2-quart shallow baking dish.
- ☐ Sprinkle with remaining mozzarella cheese and Parmesan cheese.
- ☐ Bake at 350 degrees F for 30 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:20.95, Inflammation Score:-4, Nutrition Score:11.302174091339%

Nutrients (% of daily need)

Calories: 609.19kcal (30.46%), Fat: 12.69g (19.52%), Saturated Fat: 6.75g (42.19%), Carbohydrates: 99.17g (33.06%), Net Carbohydrates: 96.53g (35.1%), Sugar: 43.83g (48.7%), Cholesterol: 38.62mg (12.87%), Sodium: 2585.45mg (112.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.34g (42.68%), Selenium: 48.1µg (68.72%), Calcium: 277.63mg (27.76%), Phosphorus: 273.49mg (27.35%), Manganese: 0.49mg (24.54%), Vitamin B12: 1.04µg (17.37%), Zinc: 2.25mg (14.97%), Iron: 2.09mg (11.63%), Fiber: 2.64g (10.57%), Vitamin B2: 0.17mg (9.99%), Magnesium: 37.03mg (9.26%), Copper: 0.15mg (7.7%), Vitamin A: 337.98IU (6.76%), Vitamin B6: 0.09mg (4.63%), Folate: 13.6µg (3.4%), Vitamin B3: 0.64mg (3.18%), Potassium: 108.04mg (3.09%), Vitamin B1: 0.04mg (2.91%), Vitamin B5: 0.24mg (2.44%), Vitamin E: 0.2mg (1.33%), Vitamin D: 0.2µg (1.33%), Vitamin K: 1.07µg (1.02%)