



Baked Ziti

 Popular

READY IN



65 min.

SERVINGS



8

CALORIES



756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ziti pasta (can sub penne)
- ☐ 8 servings olive oil extra virgin
- ☐ 1 pound ground beef italian
- ☐ 1 large onion chopped
- ☐ 3 garlic cloves chopped
- ☐ 1 tablespoon rosemary fresh minced (or basil)
- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 0.5 teaspoon pepper flakes red

- ☐ 32 ounces make your own tomato sauce
- ☐ 0.5 pound mozzarella cheese grated
- ☐ 1 cup ricotta cheese
- ☐ 1 cup pecorino cheese grated

Equipment

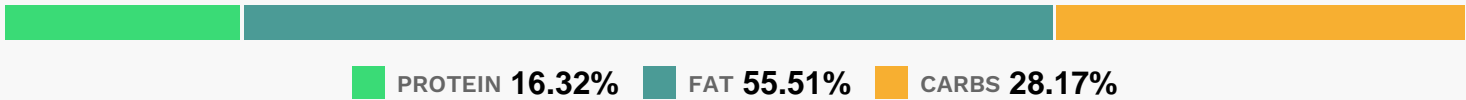
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ casserole dish
- ☐ colander

Directions

- ☐ Boil the pasta:
- ☐ Heat a large pot of water (2 quarts of water) to a strong boil.
- ☐ Add a tablespoon of salt.
- ☐ Add the pasta and cook at a rolling boil, uncovered, until the pasta is al dente—edible but still a little firm to the bite.
- ☐ Drain the pasta through a colander. Toss with a little olive oil so the pasta does not stick together while you make the sauce.
- ☐ Brown the meat: While the water is heating in the previous step, start on the sauce.
- ☐ Heat a tablespoon of olive oil in a large sauté pan on medium-high heat. When the oil is shimmering hot, add the bulk sausage or ground meat. Break up any large chunks of sausage as it cooks. Brown well.
- ☐ Don't stir that often or it will be more difficult for the meat to brown. If you are using ground beef or pork instead of sausage, sprinkle with a little salt.
- ☐ Add onions and sauté, then add garlic, spices, then tomato sauce: When the meat is mostly browned, add the onions and stir well to combine. Sauté everything until the onions are translucent and beginning to brown, about 4–5 minutes.

- ☐
- Add the garlic, rosemary or basil, Italian seasoning and red pepper flakes and stir to combine. Cook 1 minute, then add the tomato sauce and stir well. Bring to a simmer.
- ☐
- Preheat the oven to 350°F.
- ☐
- Spread a thin layer of sauce in the bottom of a 9x13-inch casserole pan, then dot the surface with half the ricotta cheese. Ladle a spoonful of sauce into the pasta, stir it well and then add the pasta into the casserole.
- ☐
- Pour the rest of the sauce over the pasta, dot the remaining ricotta cheese over the pasta, and sprinkle on top both the mozzarella and the Parmesan cheese.
- ☐
- Bake in oven at 350°F until the top is lightly browned and the cheese melted, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:20.11, Inflammation Score:-7, Nutrition Score:23.672608370366%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 756.38kcal (37.82%), Fat: 46.77g (71.96%), Saturated Fat: 16.99g (106.21%), Carbohydrates: 53.41g (17.8%), Net Carbohydrates: 49.21g (17.89%), Sugar: 6.86g (7.62%), Cholesterol: 94.3mg (31.43%), Sodium: 1312.66mg (57.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.94g (61.89%), Selenium: 62.01µg (88.59%), Phosphorus: 471.25mg (47.13%), Calcium: 396mg (39.6%), Manganese: 0.77mg (38.29%), Vitamin B1: 0.43mg (28.66%), Vitamin E: 3.99mg (26.63%), Zinc: 3.64mg (24.29%), Vitamin B2: 0.4mg (23.59%), Vitamin B12: 1.41µg (23.46%), Vitamin B6: 0.44mg (22.13%), Potassium: 715.53mg (20.44%), Vitamin B3: 4.08mg (20.39%), Vitamin A: 927.96IU (18.56%), Copper: 0.37mg (18.48%), Magnesium: 73.46mg (18.37%), Iron: 3.24mg (17.99%), Fiber: 4.2g (16.81%), Vitamin K: 17.04µg (16.23%), Vitamin C: 10.88mg (13.19%), Vitamin B5: 1.08mg (10.82%), Folate: 36.91µg (9.23%), Vitamin D: 0.24µg (1.59%)