

DINNER

Baked Ziti al Telefono

13 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$2.90	1,037 kcal

Baked Ziti al Telefono is a main course that serves 4. For \$2.9 per serving, this recipe covers 32% of your daily requirements of vitamins and minerals. One portion of this dish contains approximately 49g of protein, 31g of fat, and a total of 1037 calories.

Ingredients

- ☐ ½ cup fresh bread crumbs
- ☐ 2 cups balsamella sauce
- ☐ 2 cups basic tomato sauce
- ☐ 1 pound fresh mozzarella, cut into 1/2-inch cubes
- ☐ ½ cup grated parmigiano reggiano
- ☐ 1 pound ziti pasta, preferably Italian

EQUIPMENT Oven, Mixing bowl

Method

- 1

Cook ziti according to package instructions until al dente.
- 2

Remove, drain and refresh in cold water.
- 3

Drain again and place in large mixing bowl.
- 4

Add tomato sauce, balsamella, mozzarella and grated cheese and stir to mix well. Divide among 4 gratin dishes, sprinkle with bread crumbs and bake in oven until bubbling and crusty on top, about 20 minutes.
- 5

Remove from oven and serve immediately.

Nutrition per serving

1,037
KCAL

49 g
PROTEIN

31 g
FAT

137 g
CARBS

Saturated Fat	17.5 g · 109% of daily needs
Fibre	6.1 g · 24% of daily needs
Sugar	36.8 g · 41% of daily needs
Sodium	3,017 mg · 131% of daily needs
Cholesterol	98.1 mg · 33% of daily needs
Vitamin C	8.6 mg · 10% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/baked-ziti-al-telefono-142394