



## Baked Ziti Casserole

 Popular

READY IN



60 min.

SERVINGS



6

CALORIES



550 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 lb sausage meat italian
- 1 eggs
- 1 leaves basil fresh chopped
- 0.3 cup parmesan cheese grated
- 0.3 teaspoon pepper
- 1 cup ricotta cheese
- 4 oz mozzarella cheese shredded
- 18.5 oz all natural tomato soup with parmesan canned

6 oz ziti uncooked

## Equipment

bowl

frying pan

oven

baking pan

aluminum foil

glass baking pan

## Directions

Heat oven to 375F.

Cook and drain pasta as directed on package. In 12-inch skillet, cook sausage over medium-high heat, stirring occasionally, until no longer pink; drain.

Add soup, pepper and cooked pasta; stir well.

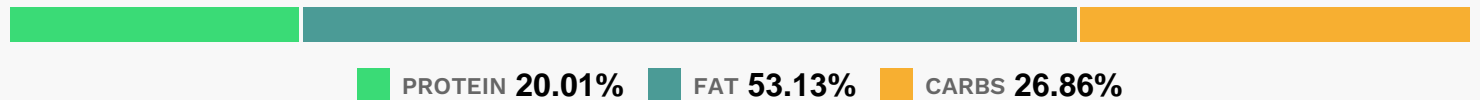
In small bowl, mix ricotta cheese, Parmesan cheese and egg.

Spoon pasta mixture into ungreased 11x7-inch (2-quart) glass baking dish. Spoon ricotta cheese mixture on top; sprinkle with mozzarella cheese. Spray sheet of foil with cooking spray; cover baking dish with foil, sprayed side down.

Bake 25 to 30 minutes, removing foil last 10 minutes of bake time, until cheese melts and mixture is hot and bubbly.

Sprinkle with basil.

## Nutrition Facts



## Properties

Glycemic Index:43.75, Glycemic Load:13.48, Inflammation Score:-6, Nutrition Score:16.511304295581%

## Flavonoids

Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 549.56kcal (27.48%), Fat: 32.33g (49.73%), Saturated Fat: 13.62g (85.12%), Carbohydrates: 36.77g (12.26%), Net Carbohydrates: 34.88g (12.68%), Sugar: 8.29g (9.21%), Cholesterol: 121.35mg (40.45%), Sodium: 1048.62mg (45.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.39g (54.79%), Selenium: 33.46µg (47.8%), Phosphorus: 356.06mg (35.61%), Calcium: 246.58mg (24.66%), Vitamin B3: 4.86mg (24.3%), Potassium: 818.86mg (23.4%), Zinc: 3.51mg (23.37%), Vitamin B12: 1.34µg (22.26%), Manganese: 0.41mg (20.49%), Vitamin B6: 0.39mg (19.39%), Vitamin B1: 0.29mg (19.02%), Vitamin B2: 0.3mg (17.91%), Vitamin A: 791.54IU (15.83%), Vitamin C: 11.82mg (14.33%), Magnesium: 48.71mg (12.18%), Iron: 2.12mg (11.79%), Copper: 0.19mg (9.73%), Vitamin D: 1.31µg (8.72%), Vitamin B5: 0.87mg (8.71%), Fiber: 1.89g (7.56%), Vitamin K: 4.59µg (4.37%), Vitamin E: 0.65mg (4.35%), Folate: 15.91µg (3.98%)