



WHATSheATE



Baked Ziti Casserole

READY IN



55 min.

SERVINGS



6

CALORIES



441 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb sausage meat italian
- ☐ 1 eggs
- ☐ 0.3 cup parmesan
- ☐ 1 cup ricotta cheese
- ☐ 4 oz mozzarella cheese shredded
- ☐ 1.5 cups ziti uncooked

Equipment

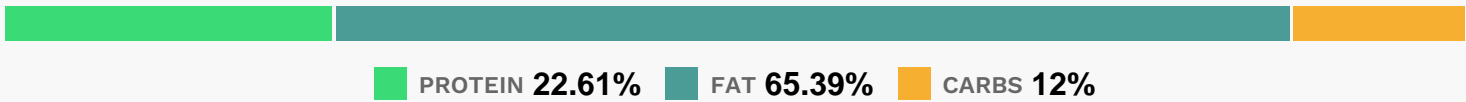
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375°F. Cook and drain pasta as directed on package.
- ☐ Meanwhile, in 12-inch skillet, cook sausage over medium-high heat, stirring occasionally, until no longer pink; drain.
- ☐ Add cooking sauce, 1/4 teaspoon pepper and the 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:25.17, Glycemic Load:4.99, Inflammation Score:-3, Nutrition Score:11.633913164553%

Nutrients (% of daily need)

Calories: 440.91kcal (22.05%), Fat: 31.65g (48.69%), Saturated Fat: 13.52g (84.49%), Carbohydrates: 13.06g (4.35%), Net Carbohydrates: 12.58g (4.57%), Sugar: 0.77g (0.85%), Cholesterol: 120.56mg (40.19%), Sodium: 712.09mg (30.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.62g (49.24%), Selenium: 21.88µg (31.25%), Phosphorus: 306.06mg (30.61%), Calcium: 244.4mg (24.44%), Vitamin B12: 1.33µg (22.16%), Zinc: 3.09mg (20.62%), Vitamin B3: 3.89mg (19.45%), Vitamin B2: 0.28mg (16.63%), Vitamin B1: 0.24mg (15.8%), Vitamin B6: 0.29mg (14.68%), Vitamin A: 440.54IU (8.81%), Vitamin D: 1.31µg (8.72%), Potassium: 292.65mg (8.36%), Vitamin B5: 0.82mg (8.18%), Iron: 1.44mg (7.98%), Manganese: 0.15mg (7.62%), Magnesium: 29.57mg (7.39%), Copper:

0.11mg (5.53%), Folate: 13.48µg (3.37%), Vitamin E: 0.33mg (2.18%), Fiber: 0.48g (1.92%), Vitamin K: 1.3µg (1.24%)