



## Baked Ziti Casserole

READY IN



70 min.

SERVINGS



8

CALORIES



424 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 1 eggs slightly beaten
- ☐ 0.5 teaspoon ground pepper black to taste
- ☐ 0.3 cup parmesan cheese grated
- ☐ 15 ounce ricotta cheese
- ☐ 1 teaspoon salt to taste
- ☐ 8 ounce mozzarella cheese shredded
- ☐ 2 cups tomato sauce divided
- ☐ 16 ounce ziti

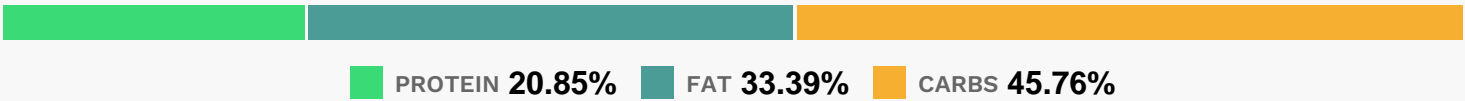
## Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan

## Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook ziti in boiling water until cooked through but firm to the bite, about 13 minutes; drain. Rinse ziti with cold water until cool; drain.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Mix ziti, ricotta cheese, 1 1/2 cups tomato sauce, mozzarella cheese, egg, salt, and pepper in a large bowl.
- ☐ Spread 1/2 cup tomato sauce into the bottom of a 2 1/2-quart shallow baking dish.
- ☐ Pour ziti mixture into the dish. Top with remaining 1 1/2 cup tomato sauce and Parmesan cheese.
- ☐ Bake in preheated oven until sauce and cheese layer is bubbly and lightly browned, about 30 minutes.
- ☐ Let cool 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:21.63, Glycemic Load:18.69, Inflammation Score:-6, Nutrition Score:15.0899999955633%

## Nutrients (% of daily need)

Calories: 423.93kcal (21.2%), Fat: 15.68g (24.12%), Saturated Fat: 8.98g (56.11%), Carbohydrates: 48.33g (16.11%), Net Carbohydrates: 45.57g (16.57%), Sugar: 4.15g (4.61%), Cholesterol: 72.68mg (24.23%), Sodium: 869.34mg (37.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.03g (44.06%), Selenium: 51.52µg (73.6%), Phosphorus: 338.94mg (33.89%), Manganese: 0.62mg (30.9%), Calcium: 305.12mg (30.51%), Vitamin B2: 0.29mg (17.29%), Zinc: 2.59mg (17.25%), Vitamin B12: 0.92µg (15.3%), Vitamin A: 750.81IU (15.02%), Magnesium: 52.73mg

(13.18%), Copper: 0.26mg (12.78%), Potassium: 400.77mg (11.45%), Fiber: 2.76g (11.06%), Iron: 1.78mg (9.87%), Vitamin B6: 0.19mg (9.31%), Vitamin B3: 1.66mg (8.32%), Vitamin E: 1.13mg (7.54%), Vitamin B5: 0.68mg (6.83%), Folate: 26.88µg (6.72%), Vitamin B1: 0.08mg (5.62%), Vitamin C: 4.29mg (5.2%), Vitamin K: 3.28µg (3.13%), Vitamin D: 0.35µg (2.3%)