



Baked Ziti III

READY IN



50 min.

SERVINGS



8

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup basil fresh chopped
- 1 pound ground beef lean
- 6 ounces mozzarella cheese sliced
- 1 onion chopped
- 0.5 cup parmesan cheese grated
- 6 ounces provolone cheese sliced
- 1.5 cups cream sour
- 56 ounce pasta sauce
- 16 ounce ziti dry

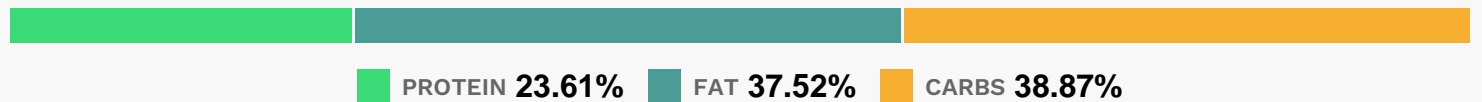
Equipment

- frying pan
- oven
- pot
- baking pan

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- In a large skillet, brown beef over medium heat.
- Add onions; saute until tender.
- Drain off fat and add spaghetti sauce; simmer for about 15 minutes.
- Preheat oven to 350 degrees F (175 degrees C).
- In a lightly greased 2 quart baking dish, place about half of the pasta; top with a layer of provolone and mozzarella cheese slices.
- Spread on a layer of half the spaghetti sauce mixture and sour cream.
- Cover with remaining pasta, cheese and sauce; sprinkle a layer of Parmesan cheese and fresh basil.
- Bake in preheated oven for about 30 minutes or until cheese and sauce are bubbly; serve.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:20.96, Inflammation Score:-8, Nutrition Score:26.913477996121%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 591.45kcal (29.57%), Fat: 24.83g (38.2%), Saturated Fat: 13.28g (82.98%), Carbohydrates: 57.87g (19.29%), Net Carbohydrates: 52.83g (19.21%), Sugar: 10.98g (12.2%), Cholesterol: 97.5mg (32.5%), Sodium: 1392.67mg (60.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.15g (70.3%), Selenium: 57.44µg (82.06%), Phosphorus: 530.54mg (53.05%), Calcium: 416.2mg (41.62%), Zinc: 5.87mg (39.15%), Manganese: 0.78mg (39.14%), Vitamin B12: 2.24µg (37.34%), Vitamin A: 1552.68IU (31.05%), Vitamin B3: 6.17mg (30.84%), Potassium: 1045.2mg (29.86%), Vitamin B2: 0.48mg (28.29%), Vitamin B6: 0.56mg (28.05%), Iron: 4.31mg (23.93%), Copper: 0.46mg (23.11%), Magnesium: 90.85mg (22.71%), Vitamin E: 3.37mg (22.48%), Fiber: 5.04g (20.15%), Vitamin C: 15.43mg (18.71%), Vitamin B5: 1.54mg (15.36%), Vitamin K: 10.66µg (10.15%), Folate: 40.6µg (10.15%), Vitamin B1: 0.15mg (9.95%), Vitamin D: 0.28µg (1.86%)