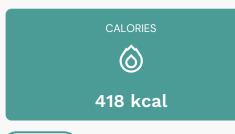


Baked Ziti IV







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

1 onion sliced

0.8 cup curd c	ottage cheese
1 teaspoon rose	emary leaves fresh minced
4 cloves garlic	chopped
0.5 pound grou	ınd beef
0.5 pound saus	sage meat
1.5 tablespoons	s olive oil

6 ounce provolone cheese sliced

2 tablespoons parmesan cheese freshly grated

	12 servings salt to taste
	6 ounce mozzarella cheese shredded
	0.8 cup cream sour
	26 ounce pasta sauce
	1 pound ziti dry
Eq	uipment
	bowl
	frying pan
	oven
	pot
	baking pan
Di	rections
	Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente; drain.
	Meanwhile, heat olive oil in large, heavy skillet over medium heat. Cook onion in oil until tender Stir in rosemary and garlic.
	Transfer to a small bowl.
	Place ground beef and sausage in the skillet. Cook over medium-high heat until evenly brown Stir in the onion mixture and the spaghetti sauce. Season with salt. Reduce heat to low, and simmer for 10 minutes.
	Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish. In the prepared dish, layer 1/2 of the cooked pasta, provolone cheese, sour cream, cottage cheese, and a little less than 1/2 of the meat mixture. Then layer the rest of the pasta, mozzarella cheese, remaining meat mixture, and Parmesan cheese.
	Bake in the preheated oven for 20 to 30 minutes, or until heated through and cheeses are melted.

Nutrition Facts

Properties

Glycemic Index:21.08, Glycemic Load:12.97, Inflammation Score:-6, Nutrition Score:13.933478116989%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 418.19kcal (20.91%), Fat: 21.84g (33.6%), Saturated Fat: 9.58g (59.9%), Carbohydrates: 34.5g (11.5%), Net Carbohydrates: 32.19g (11.71%), Sugar: 4.66g (5.18%), Cholesterol: 59.44mg (19.81%), Sodium: 872.96mg (37.95%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 20.75g (41.51%), Selenium: 33.84µg (48.35%), Phosphorus: 305.16mg (30.52%), Calcium: 237.25mg (23.72%), Manganese: 0.45mg (22.63%), Vitamin B12: 1.19µg (19.89%), Zinc: 2.9mg (19.36%), Vitamin B3: 3.02mg (15.1%), Vitamin B2: 0.25mg (14.78%), Vitamin B6: 0.28mg (14.22%), Potassium: 445.61mg (12.73%), Vitamin A: 616.36IU (12.33%), Magnesium: 45.87mg (11.47%), Copper: 0.22mg (11.13%), Iron: 1.86mg (10.36%), Vitamin E: 1.42mg (9.49%), Fiber: 2.31g (9.24%), Vitamin B1: 0.13mg (8.58%), Vitamin B5: 0.8mg (8.03%), Vitamin C: 5.55mg (6.73%), Folate: 20.52µg (5.13%), Vitamin K: 4.15µg (3.95%), Vitamin D: 0.41µg (2.73%)