



 7%
HEALTH SCORE

Baked Ziti IV

READY IN



90 min.

SERVINGS



12

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup curd cottage cheese
- 1 teaspoon rosemary leaves fresh minced
- 4 cloves garlic chopped
- 0.5 pound ground beef
- 0.5 pound sausage meat
- 1.5 tablespoons olive oil
- 1 onion sliced
- 2 tablespoons parmesan cheese freshly grated
- 6 ounce provolone cheese sliced

- 12 servings salt to taste
- 6 ounce mozzarella cheese shredded
- 0.8 cup cream sour
- 26 ounce pasta sauce
- 1 pound ziti dry

Equipment

- bowl
- frying pan
- oven
- pot
- baking pan

Directions

- 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



■ PROTEIN **19.88%** ■ FAT **47.07%** ■ CARBS **33.05%**

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 Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 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: 0g (100%), Alcohol %: 0% (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%)