



HEALTH SCORE

27%

Baked Ziti Or Rigatoni

READY IN



45 min.

SERVINGS



4

CALORIES



869 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound ziti cooked
- 1 eggs slightly beaten
- 0.3 cup parmesan cheese grated
- 15 oz ricotta cheese
- 8 ounces mozzarella cheese shredded
- 3.5 cups pasta sauce

Equipment

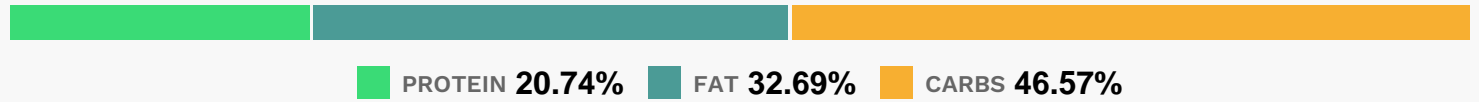
- bowl

- oven
- baking pan

Directions

- Mix first 4 ingredients and 1 1/2 cups of spaghetti sauce in a bowl. In a 2 1/2 quart baking dish spread 1/2 cup spaghetti sauce.
- Add ziti mixture and top with remaining 1 1/2 cups of spaghetti sauce.
- Sprinkle with 1/2 cup of Parmesan cheese.
- Bake at 375 degrees for 30 minutes or until top slightly browned.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:38.92, Inflammation Score:-9, Nutrition Score:31.590869565217%

Taste

Sweetness: 63.39%, Saltiness: 100%, Sourness: 85.07%, Bitterness: 52.23%, Savoriness: 70.39%, Fattiness: 83.76%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 869.28kcal (43.46%), Fat: 31.62g (48.65%), Saturated Fat: 17.99g (112.44%), Carbohydrates: 101.39g (33.8%), Net Carbohydrates: 94.54g (34.38%), Sugar: 11.58g (12.86%), Cholesterol: 145.37mg (48.46%), Sodium: 1592.74mg (69.25%), Protein: 45.14g (90.27%), Selenium: 103.57µg (147.96%), Phosphorus: 702.29mg (70.23%), Manganese: 1.3mg (65.05%), Calcium: 621.63mg (62.16%), Vitamin B2: 0.65mg (38.06%), Vitamin A: 1898.07IU (37.96%), Zinc: 5.37mg (35.81%), Copper: 0.61mg (30.66%), Vitamin B12: 1.84µg (30.61%), Potassium: 1070.97mg (30.6%), Magnesium: 118.8mg (29.7%), Fiber: 6.84g (27.38%), Iron: 4.41mg (24.48%), Vitamin E: 3.58mg (23.89%), Vitamin B6: 0.46mg (23.08%), Vitamin B3: 4.23mg (21.17%), Vitamin C: 15.01mg (18.19%), Vitamin B5: 1.65mg (16.46%), Folate: 61.98µg (15.49%), Vitamin B1: 0.19mg (12.7%), Vitamin K: 8.73µg (8.31%), Vitamin D: 0.69µg (4.6%)