



Baked Ziti Plus

READY IN



255 min.

SERVINGS



16

CALORIES



963 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 56 ounce tomatoes crushed canned
- ☐ 2 cloves garlic sliced
- ☐ 2 bell peppers green cut into 1/2-inch strips
- ☐ 2 pounds ground beef
- ☐ 16 servings salt and ground pepper black to taste
- ☐ 3 pounds sausage italian
- ☐ 32 ounce mozzarella cheese
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion sliced

- ☐ 24 ounce carton ricotta cheese
- ☐ 32 ounce rigatoni
- ☐ 28 ounce tomato purée canned

Equipment

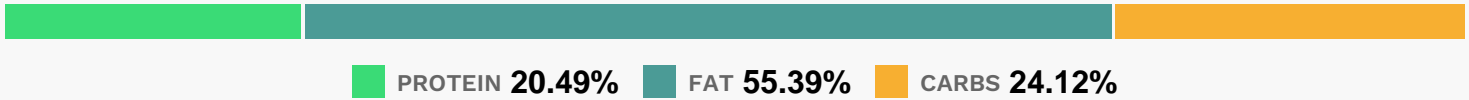
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Heat olive oil in a stockpot over medium-low heat; cook and stir garlic in the hot oil until lightly browned, 1 to 2 minutes.
- ☐ Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease. Stir ground beef into garlic.
- ☐ Add crushed tomatoes and tomato puree to ground beef mixture; season with salt and pepper. Cover stockpot and simmer mixture, stirring occasionally, until flavors have blended, about 2 hours.
- ☐ Heat a large skillet over medium-high heat. Cook sausage links in the hot skillet until browned and not longer pink in the center, 10 to 15 minutes; drain and discard grease. Slice sausages into 1/4-inch rounds. Stir sausage, green bell pepper, and onion into the simmering tomato sauce; cook, stirring occasionally until bell pepper and onion are softened, about 1 hour.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bring a large pot of lightly salted water to a boil. Cook rigatoni in the boiling water, stirring occasionally until cooked through but firm to the bite, 10 to 11 minutes.
- ☐ Drain and return rigatoni to pot.
- ☐ Dice about 3/4 the mozzarella into 1/8-inch cubes.
- ☐ Mix cubed mozzarella with ricotta cheese in a bowl. Stir cheese mixture into cooked rigatoni until mozzarella cheese begins to melt.

- ☐
- Pour rigatoni–cheese mixture into 2 large casserole dishes; add tomato–meat sauce. Toss well.
- ☐
- Slice the remaining mozzarella cheese and arrange on top of rigatoni mixtures.
- ☐
- Bake in the preheated oven until mozzarella cheese is melted and browned, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:18.69, Glycemic Load:21.19, Inflammation Score:-8, Nutrition Score:33.654348083164%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 963.36kcal (48.17%), Fat: 59.24g (91.14%), Saturated Fat: 25.39g (158.7%), Carbohydrates: 58.03g (19.34%), Net Carbohydrates: 52.94g (19.25%), Sugar: 9.52g (10.58%), Cholesterol: 171.37mg (57.12%), Sodium: 1251.72mg (54.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.31g (98.63%), Selenium: 82.23µg (117.48%), Phosphorus: 639.47mg (63.95%), Vitamin B12: 3.42µg (57.08%), Zinc: 7.28mg (48.56%), Vitamin B1: 0.71mg (47.09%), Calcium: 467.16mg (46.72%), Manganese: 0.92mg (45.81%), Vitamin B6: 0.83mg (41.54%), Vitamin B3: 8.13mg (40.66%), Vitamin B2: 0.59mg (34.64%), Vitamin C: 28.16mg (34.14%), Potassium: 1061.1mg (30.32%), Iron: 5.28mg (29.35%), Copper: 0.57mg (28.5%), Magnesium: 100.07mg (25.02%), Fiber: 5.09g (20.35%), Vitamin A: 948.32IU (18.97%), Vitamin E: 2.62mg (17.47%), Vitamin B5: 1.58mg (15.77%), Folate: 52.7µg (13.17%), Vitamin K: 13.1µg (12.48%), Vitamin D: 0.37µg (2.46%)