

Baked Ziti Supreme

READY IN



55 min.

SERVINGS



6

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 cups noodles hot tube-shaped cooked (ziti)
- 1 pound ground beef
- 28 ounce mushrooms fresh italian prego®
- 1 medium onion chopped
- 0.3 cup parmesan cheese grated
- 1.5 cups mozzarella cheese shredded

Equipment

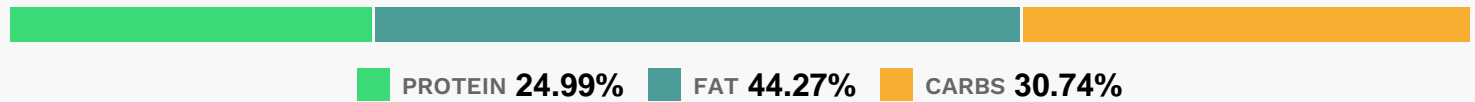
- sauce pan

- oven
- baking pan

Directions

- In large saucepan over medium–high heat, cook beef and onion until beef is browned, stirring to separate meat.
- Pour off fat.
- Stir in pasta sauce, 1 cup mozzarella cheese and macaroni. Spoon into 3–quart shallow baking dish.
- Sprinkle with remaining mozzarella cheese and Parmesan cheese.
- Bake at 350 degrees F for 30 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:22.42, Glycemic Load:15.3, Inflammation Score:-5, Nutrition Score:22.16478283509%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 484.71kcal (24.24%), Fat: 23.92g (36.8%), Saturated Fat: 10.38g (64.85%), Carbohydrates: 37.37g (12.46%), Net Carbohydrates: 33.97g (12.35%), Sugar: 4.24g (4.71%), Cholesterol: 79.42mg (26.47%), Sodium: 307.46mg (13.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.39g (60.78%), Selenium: 55.8µg (79.72%), Vitamin B2: 0.76mg (44.82%), Phosphorus: 420.87mg (42.09%), Vitamin B3: 8.42mg (42.08%), Vitamin B12: 2.37µg (39.42%), Zinc: 5.38mg (35.84%), Copper: 0.58mg (28.83%), Vitamin B5: 2.55mg (25.45%), Vitamin B6: 0.47mg (23.27%), Manganese: 0.42mg (21.03%), Calcium: 206.88mg (20.69%), Potassium: 723.62mg (20.67%), Iron: 3.56mg (19.79%), Fiber: 3.4g (13.59%), Magnesium: 51.28mg (12.82%), Vitamin B1: 0.18mg (11.81%), Folate: 40.33µg (10.08%), Vitamin C: 4.13mg (5.01%), Vitamin A: 225.69IU (4.51%), Vitamin D: 0.47µg (3.15%), Vitamin E: 0.46mg (3.07%), Vitamin K: 2.15µg (2.05%)