



Baked Ziti with Broccoli and Sausage

READY IN



45 min.

SERVINGS



4

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds broccoli cut into 1-inch pieces (1 large head)
- ☐ 2 tablespoons flour all-purpose
- ☐ 8 ounces ground sausage italian hot
- ☐ 2 cups milk
- ☐ 0.5 cup parmesan grated
- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons butter unsalted
- ☐ 8 ounces ziti

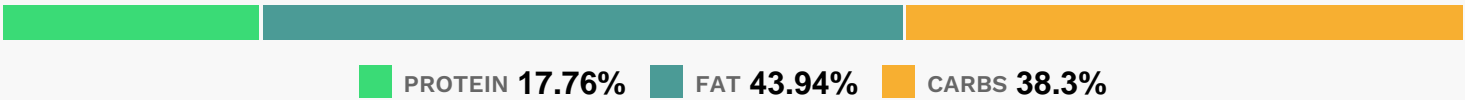
Equipment

- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ colander

Directions

- ☐ Bring a large pot of salted water to a boil over high heat. Preheat oven to 350F and lightly grease an 11-by-7-inch baking dish. In a large skillet over medium-high heat, cook sausage, stirring and breaking up meat, until no longer pink, about 3 minutes.
- ☐ Add butter and stir well.
- ☐ Sprinkle flour on top and stir for 1 to 2 minutes. Slowly pour in milk and cook, stirring constantly, until smooth and thickened, 3 to 4 minutes. Season sauce with salt and pepper.
- ☐ Add ziti to boiling water and cook until tender, about 5 minutes, then add broccoli and cook for 3 minutes.
- ☐ Drain ziti and broccoli in a colander and transfer to baking dish. Stir in sausage mixture.
- ☐ Sprinkle Parmesan on top and bake until golden brown and mixture is bubbling, about 25 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:23.67, Inflammation Score:-9, Nutrition Score:35.225217446037%

Flavonoids

Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 650.41kcal (32.52%), Fat: 32.1g (49.38%), Saturated Fat: 14.66g (91.64%), Carbohydrates: 62.97g (20.99%), Net Carbohydrates: 56.63g (20.59%), Sugar: 10.39g (11.54%), Cholesterol: 81.28mg (27.09%), Sodium: 915.25mg (39.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.19g (58.37%), Vitamin C: 152.86mg (185.29%), Vitamin K: 174.64µg (166.32%), Selenium: 60.62µg (86.6%), Phosphorus: 515.64mg (51.56%), Manganese: 0.94mg (47.19%), Calcium: 402.48mg (40.25%), Vitamin B1: 0.6mg (39.79%), Vitamin B2: 0.56mg (32.89%), Folate: 129.85µg (32.46%), Vitamin B6: 0.64mg (31.8%), Vitamin A: 1529.9IU (30.6%), Potassium: 1007.63mg (28.79%), Fiber: 6.34g (25.35%), Magnesium: 94.82mg (23.7%), Zinc: 3.39mg (22.59%), Vitamin B12: 1.34µg (22.28%), Vitamin B3: 4.28mg (21.4%), Vitamin B5: 2.04mg (20.44%), Iron: 2.93mg (16.26%), Copper: 0.3mg (15.22%), Vitamin E: 1.64mg (10.95%), Vitamin D: 1.51µg (10.06%)