



Baked Ziti with Fire Roasted Tomatoes

READY IN



55 min.

SERVINGS



6

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz ziti uncooked
- 0.5 lb ground beef 90% (at least)
- 1 cup onion sweet chopped
- 2 cloves garlic finely chopped
- 1 medium zucchini sliced cut in half lengthwise, 1/
- 15 oz tomato sauce organic canned
- 14.5 oz canned tomatoes diced fire roasted organic drained canned
- 2 teaspoons oregano fresh chopped
- 0.3 teaspoon coarse salt (kosher or sea)

- 0.3 teaspoon pepper
- 3 oz mozzarella cheese shredded

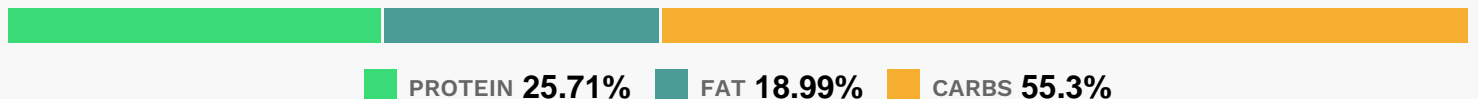
Equipment

- frying pan
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 375°F. Cook and drain pasta as directed on box.
- Meanwhile, spray 12x8-inch (2-quart) glass baking dish with cooking spray. In 12-inch nonstick skillet, cook beef, onion and garlic over medium heat, stirring frequently, until beef is thoroughly cooked.
- Stir zucchini into beef mixture; cook 2 minutes. Stir in tomato sauce, tomatoes, oregano, salt and pepper.
- Heat to boiling.
- Add drained pasta; toss to coat.
- Spread in baking dish.
- Cover dish tightly with foil; bake 20 minutes.
- Remove foil; sprinkle with cheese.
- Bake uncovered about 5 minutes longer or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:12.86, Inflammation Score:-8, Nutrition Score:15.200434969819%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 284.86kcal (14.24%), Fat: 6g (9.24%), Saturated Fat: 2.89g (18.05%), Carbohydrates: 39.33g (13.11%), Net Carbohydrates: 35.64g (12.96%), Sugar: 7.45g (8.28%), Cholesterol: 34.63mg (11.54%), Sodium: 659.54mg (28.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.28g (36.57%), Selenium: 33.68µg (48.11%), Manganese: 0.57mg (28.47%), Phosphorus: 237.86mg (23.79%), Zinc: 3.2mg (21.31%), Vitamin B12: 1.17µg (19.5%), Vitamin B6: 0.38mg (19.2%), Vitamin B3: 3.66mg (18.29%), Vitamin C: 13.65mg (16.54%), Iron: 2.97mg (16.47%), Potassium: 566.88mg (16.2%), Vitamin A: 754.24IU (15.08%), Fiber: 3.69g (14.77%), Calcium: 136.84mg (13.68%), Copper: 0.26mg (13.1%), Magnesium: 52.29mg (13.07%), Vitamin B2: 0.21mg (12.38%), Vitamin E: 1.36mg (9.09%), Folate: 31.66µg (7.92%), Vitamin K: 8.24µg (7.85%), Vitamin B5: 0.75mg (7.51%), Vitamin B1: 0.1mg (6.65%)