



WHATSheATE



Baked Ziti With Italian Sausage

READY IN



10 min.

SERVINGS



6

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 oz part-skim mozzarella cheese shredded
- ☐ 6 servings spicy tomato sauce italian with sausage
- ☐ 16 oz ziti pasta

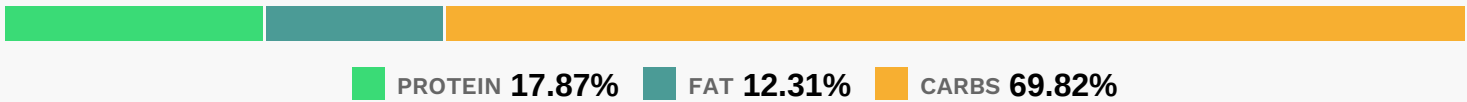
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Prepare pasta according to package directions. Stir together pasta, Spicy Tomato Sauce With Italian Sausage, and 1/2 cup mozzarella cheese. Spoon mixture into a lightly greased 11- x 7- inch baking dish.
- ☐ Sprinkle with remaining 1/2 cup cheese.
- ☐ Bake at 350 for 20 to 25 minutes or until cheese is melted.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:22.69, Inflammation Score:-3, Nutrition Score:10.355652213906%

Nutrients (% of daily need)

Calories: 331.94kcal (16.6%), Fat: 4.46g (6.87%), Saturated Fat: 2.23g (13.96%), Carbohydrates: 56.98g (18.99%), Net Carbohydrates: 54.56g (19.84%), Sugar: 2.23g (2.48%), Cholesterol: 12.86mg (4.29%), Sodium: 128.84mg (5.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.59g (29.17%), Selenium: 50.75µg (72.5%), Manganese: 0.7mg (34.79%), Phosphorus: 231.81mg (23.18%), Calcium: 163.85mg (16.39%), Copper: 0.22mg (11.2%), Magnesium: 44.55mg (11.14%), Zinc: 1.61mg (10.7%), Fiber: 2.42g (9.68%), Vitamin B3: 1.34mg (6.69%), Vitamin B6: 0.12mg (6.18%), Vitamin B2: 0.1mg (6.14%), Iron: 1.04mg (5.76%), Potassium: 186.99mg (5.34%), Vitamin B1: 0.08mg (5.14%), Folate: 15.39µg (3.85%), Vitamin B5: 0.35mg (3.46%), Vitamin B12: 0.16µg (2.73%), Vitamin A: 90.91IU (1.82%)