



## Baked Ziti with Meatballs

READY IN



90 min.

SERVINGS



6

CALORIES



1041 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup bread crumbs dried plain
- 2 large eggs lightly beaten
- 0.3 cup flat-leaf parsley chopped
- 6 servings flour all-purpose for dredging
- 1 pound ground beef
- 2 tablespoons milk
- 0.3 cup olive oil extra-virgin
- 0.5 cup parmesan grated
- 0.8 cup romano grated

- 6 servings salt and pepper black freshly ground
- 2 cups mozzarella cheese shredded
- 3 cups milk ricotta whole
- 5 cups tomato sauce
- 6 tablespoons butter unsalted cut into 1/4-inch pieces
- 1 pound ziti

## Equipment

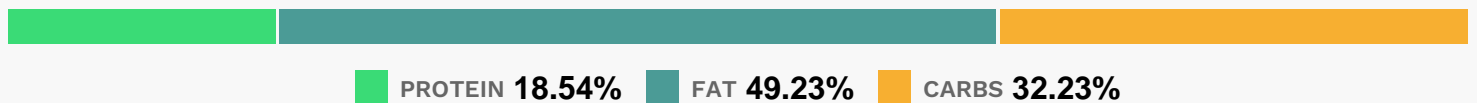
- bowl
- frying pan
- baking sheet
- oven
- pot
- plastic wrap
- baking pan
- aluminum foil
- colander

## Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F.
- In a large bowl, combine bread crumbs, eggs, milk, 1/2 cup of the Romano and the parsley, and mix well. Season with salt and pepper.
- Add beef and gently combine, being careful not to overwork the meat. Shape into bite-size meatballs.
- Roll each meatball in flour to coat, shaking off excess.
- In a large pot, bring 6 quarts of salted water to a boil.
- Add pasta and cook until al dente, about 8 minutes.

- Drain pasta in a colander and set aside. If not using immediately, cover top with plastic wrap so that pasta does not dry out. Do not rinse pasta with water since you want to retain the pasta's natural starches so that the sauce will cling to the ziti.
- In a large skillet heat the oil over medium-high heat. When almost smoking, add meatballs in batches and without moving or turning the meat, allow it to brown for about 3 minutes. Turn meatballs and brown other side. Continue to cook until all sides are golden brown.
- Remove meatballs to a plate.
- In a large bowl, combine the tomato sauce and ricotta and mix well.
- Add the cooked ziti and meatballs and toss gently.
- In a large greased baking dish, pour in pasta mixture.
- Sprinkle the mozzarella, Parmesan, and remaining Romano all over the top. Dot with the butter.
- Place baking dish on top of baking sheet covered with aluminum foil to collect any drippings from the dish.
- Bake until top is golden brown and bubbly, about 30 to 40 minutes.

## Nutrition Facts



### Properties

Glycemic Index:63.83, Glycemic Load:33.04, Inflammation Score:-9, Nutrition Score:39.444347754769%

### Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 1040.73kcal (52.04%), Fat: 57.08g (87.81%), Saturated Fat: 25.9g (161.87%), Carbohydrates: 84.07g (28.02%), Net Carbohydrates: 78.08g (28.39%), Sugar: 16.33g (18.14%), Cholesterol: 209.18mg (69.73%), Sodium: 1648.67mg (71.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.36g (96.73%), Selenium: 81.73µg (116.76%), Phosphorus: 784.21mg (78.42%), Calcium: 660.51mg (66.05%), Vitamin B12: 3.58µg (59.71%), Vitamin K: 56.74µg (54.04%), Manganese: 1.05mg (52.71%), Zinc: 7.21mg (48.07%), Vitamin B2: 0.78mg (46.09%), Vitamin A: 2110.12IU (42.2%), Vitamin B3: 7.5mg (37.51%), Potassium: 1274.84mg (36.42%), Vitamin E: 5.34mg (35.59%), Vitamin B6: 0.7mg (35.06%), Iron: 5.81mg (32.3%), Magnesium: 122.33mg (30.58%), Copper: 0.55mg (27.64%),

Fiber: 5.99g (23.98%), Vitamin B1: 0.35mg (23.45%), Vitamin B5: 2.29mg (22.93%), Vitamin C: 17.62mg (21.35%),  
Folate: 71.96µg (17.99%), Vitamin D: 2.27µg (15.13%)