



Baked Ziti with Sausage

READY IN



55 min.

SERVINGS



8

CALORIES



645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup firmly torn basil fresh packed
- ☐ 28 oz canned tomatoes crushed canned
- ☐ 1 cup cooking wine dry red
- ☐ 3 garlic cloves chopped
- ☐ 1 lb ground sausage italian
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 large onion chopped
- ☐ 4 ounces pancetta diced
- ☐ 0.5 cup parmesan cheese grated

- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1 cup ricotta cheese
- ☐ 8 oz mozzarella cheese shredded divided
- ☐ 12 ounces ziti pasta uncooked

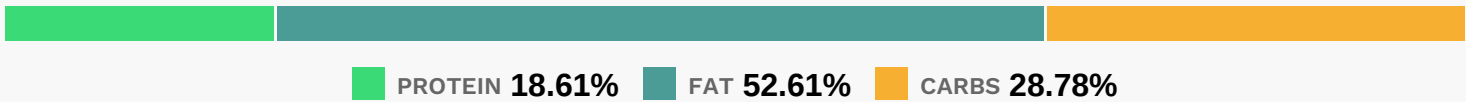
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Prepare ziti according to package directions for al dente.
- ☐ Meanwhile, cook pancetta in a large skillet over medium-high heat 3 minutes.
- ☐ Add onion and garlic, and saut 3 minutes or until onion is tender.
- ☐ Add sausage, and saut 5 minutes or until meat is no longer pink.
- ☐ Add wine, and cook 3 minutes. Stir in tomatoes and next 3 ingredients. Reduce heat to low, and cook, stirring occasionally, 3 minutes.
- ☐ Stir ricotta and 1 cup mozzarella cheese into hot cooked pasta. Lightly grease a 13- x 9-inch baking dish with cooking spray.
- ☐ Transfer pasta mixture to prepared dish, and top with sausage mixture.
- ☐ Sprinkle with Parmesan cheese and remaining 1 cup mozzarella cheese.
- ☐ Bake at 350 for 25 to 30 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:36.13, Glycemic Load:15.82, Inflammation Score:-7, Nutrition Score:21.510869554851%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 644.88kcal (32.24%), Fat: 36.47g (56.11%), Saturated Fat: 15.71g (98.21%), Carbohydrates: 44.88g (14.96%), Net Carbohydrates: 41.22g (14.99%), Sugar: 6.7g (7.45%), Cholesterol: 96.09mg (32.03%), Sodium: 1103.39mg (47.97%), Alcohol: 3.15g (100%), Alcohol %: 1.21% (100%), Protein: 29.03g (58.06%), Selenium: 56.17µg (80.24%), Phosphorus: 410.38mg (41.04%), Manganese: 0.68mg (34.22%), Vitamin B1: 0.5mg (33.32%), Calcium: 325.67mg (32.57%), Vitamin B6: 0.49mg (24.36%), Zinc: 3.57mg (23.8%), Vitamin B12: 1.42µg (23.72%), Vitamin B3: 4.47mg (22.36%), Vitamin B2: 0.35mg (20.86%), Copper: 0.39mg (19.29%), Potassium: 661.44mg (18.9%), Magnesium: 66.6mg (16.65%), Iron: 2.97mg (16.5%), Vitamin C: 12.27mg (14.88%), Fiber: 3.66g (14.62%), Vitamin A: 718.89IU (14.38%), Vitamin K: 12.85µg (12.24%), Vitamin E: 1.53mg (10.21%), Vitamin B5: 0.99mg (9.87%), Folate: 35.82µg (8.96%), Vitamin D: 0.26µg (1.76%)