



WHATSheATE



Baked Ziti with Sweet Turkey Sausage

READY IN



65 min.

SERVINGS



12

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 56 ounce tomatoes (diced or any flavor you want) with seasonings (green pepper and onion or garlic and oregano, canned)
- ☐ 2 teaspoons rosemary (dried)
- ☐ 2 teaspoons thyme leaves (dried)
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 cup parmesan (grated)
- ☐ 4 cups part-skim mozzarella cheese (grated for topping)
- ☐ 15 ounce part-skim ricotta cheese
- ☐ 1 pound turkey sausage (sweet cut into 1/4 slices)

☐ 1 pound ziti noodles

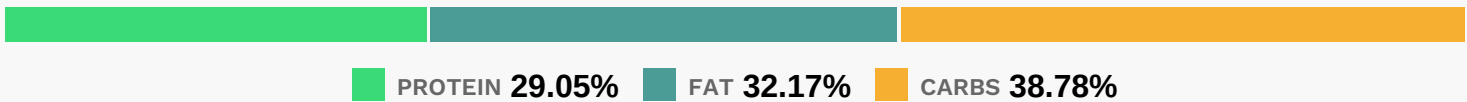
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ Cook pasta according to package directions.
- ☐ Drain and set aside. Meanwhile, cook sausage in a hot skillet over medium heat until golden brown on all sides.
- ☐ Add tomatoes, thyme and rosemary and simmer 5 minutes.
- ☐ Remove from heat. In a medium bowl, combine ricotta cheese, mozzarella cheese and garlic powder and mix well. Spoon 1/2 cup of the tomato sauce in the bottom of a 4-quart casserole dish. Top with half of the cooked ziti. Top with half of the cheese mixture. Top with 1 cup of the tomato sauce. Repeat layers (remaining ziti and remaining cheese mixture). Top with remaining tomato sauce.
- ☐ Sprinkle remaining mozzarella and parmesan cheese over top. Cover with foil and bake 30 minutes. Uncover and bake 15 more minutes, until cheese is golden and bubbly.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:11.39, Inflammation Score:-6, Nutrition Score:17.509130566016%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 382.72kcal (19.14%), Fat: 13.64g (20.98%), Saturated Fat: 7.08g (44.27%), Carbohydrates: 36.98g (12.33%), Net Carbohydrates: 34.36g (12.49%), Sugar: 4.73g (5.26%), Cholesterol: 66.06mg (22.02%), Sodium: 757.99mg (32.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.7g (55.41%), Selenium: 36.32µg (51.89%), Calcium: 497.36mg (49.74%), Phosphorus: 431.48mg (43.15%), Manganese: 0.48mg (24.02%), Zinc: 3.51mg (23.42%), Vitamin B2: 0.38mg (22.21%), Vitamin B6: 0.41mg (20.29%), Vitamin B3: 3.41mg (17.06%), Vitamin C: 13.27mg (16.08%), Vitamin B12: 0.95µg (15.84%), Iron: 2.71mg (15.08%), Potassium: 516.03mg (14.74%), Magnesium: 58.1mg (14.52%), Copper: 0.26mg (12.93%), Vitamin A: 538.19IU (10.76%), Fiber: 2.62g (10.5%), Vitamin B1: 0.14mg (9.36%), Vitamin B5: 0.84mg (8.41%), Vitamin K: 7.65µg (7.28%), Vitamin E: 1.09mg (7.27%), Folate: 28.16µg (7.04%), Vitamin D: 0.17µg (1.12%)