



Baked Ziti with Turkey and Pesto

READY IN



67 min.

SERVINGS



20

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups tomatoes canned crushed
- ☐ 2 cloves garlic minced
- ☐ 4 ounces pd of ground turkey
- ☐ 8 oz mozzarella cheese grated
- ☐ 3 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 0.5 cup parmesan grated
- ☐ 0.3 cup pesto
- ☐ 1 cup ricotta

- ☐ 20 servings salt and pepper
- ☐ 2.7 cups ziti

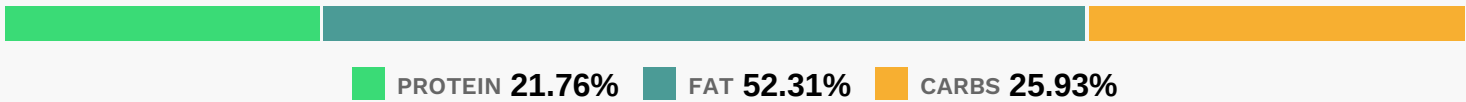
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350F; grease an 8-inch square dish. Cook ziti in boiling, salted water until almost al dente, about 7 minutes.
- ☐ Drain and rinse with cold water.
- ☐ Warm 2 Tbsp. oil in a large skillet over medium-high heat.
- ☐ Add onion; saut until softened, about 3 minutes.
- ☐ Add garlic; saut 1 minute. Stir in turkey and saut 1 minute.
- ☐ Mix in tomatoes and season with salt and pepper. Simmer, stirring, until thick, about 10 minutes.
- ☐ Combine ricotta, 1 cup mozzarella, 1/4 cup Parmesan and pesto in a bowl; season with salt and pepper.
- ☐ Spread 1/2 of ziti in dish; top with 1/3 of sauce.
- ☐ Spread with ricotta mixture and cover with remaining ziti and sauce.
- ☐ Sprinkle with remaining cheese; drizzle with 1 Tbsp. oil.
- ☐ Bake until bubbly, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:10.9, Glycemic Load:3.23, Inflammation Score:-3, Nutrition Score:5.0800000247748%

Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 142.38kcal (7.12%), Fat: 8.34g (12.84%), Saturated Fat: 3.48g (21.75%), Carbohydrates: 9.3g (3.1%), Net Carbohydrates: 8.44g (3.07%), Sugar: 1.78g (1.98%), Cholesterol: 20.35mg (6.78%), Sodium: 379.97mg (16.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.81g (15.62%), Selenium: 10.81µg (15.45%), Calcium: 129.55mg (12.96%), Phosphorus: 114.87mg (11.49%), Manganese: 0.14mg (6.76%), Vitamin B12: 0.36µg (5.99%), Vitamin B6: 0.12mg (5.92%), Zinc: 0.83mg (5.57%), Vitamin A: 267.44IU (5.35%), Vitamin B2: 0.09mg (5.28%), Vitamin B3: 1.02mg (5.11%), Vitamin E: 0.66mg (4.4%), Magnesium: 16.09mg (4.02%), Potassium: 138.7mg (3.96%), Copper: 0.08mg (3.93%), Iron: 0.63mg (3.49%), Fiber: 0.87g (3.46%), Vitamin C: 2.73mg (3.31%), Vitamin K: 3.02µg (2.88%), Vitamin B1: 0.04mg (2.53%), Vitamin B5: 0.21mg (2.14%), Folate: 8.55µg (2.14%)