

Baked Ziti with Turkey Meatballs

READY IN



45 min.

SERVINGS



8

CALORIES



652 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup breadcrumbs fresh
- 1 eggs beaten
- 0.5 cup parsley fresh chopped
- 1 clove garlic minced
- 1 teaspoon pepper black
- 1 pound pd of ground turkey
- 4 tablespoons olive oil
- 0.5 cup onion chopped
- 1 pint part-skim ricotta

- 3 tablespoons pinenuts toasted chopped
- 1 cup pecorino cheese grated
- 1 teaspoon salt
- 1.5 cups mozzarella cheese shredded
- 6 cups tomato sauce
- 16 ounces ziti dry

Equipment

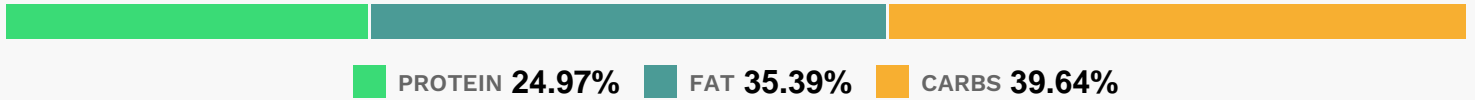
- bowl
- frying pan
- paper towels
- oven
- pot

Directions

- In a bowl, stir together turkey, garlic, bread crumbs, onion, pine nuts, parsley, egg, salt and pepper. Form into meatballs about 1 inch in diameter.
- In a large heavy skillet, heat 2 tablespoons oil over moderately high heat until hot but not smoking. Cook half of meatballs, shaking skillet, until browned and cooked through, about 4 minutes.
- Transfer meatballs to paper towels to drain. Brown remaining meatballs in remaining 2 tablespoons oil in same manner.
- Preheat oven to 375 degrees F (190 degrees C). Oil a 3 to 4 quart gratin dish.
- Bring a large pot of salted water to a boil.
- Add the pasta, and cook until just al dente, about 8 minutes.
- Drain.
- In a small bowl, toss together mozzarella and romano cheese.
- Spoon about 1 1/2 cups tomato sauce and half the meatballs into prepared dish, and spoon half the pasta on top.

- Spread half remaining sauce and half cheese mixture over pasta. Top with remaining meatballs, and drop dollops of ricotta over meatballs.
- Spread remaining pasta over ricotta, and top with remaining sauce and cheese mixture.
- Bake in middle of oven for 30 to 35 minutes, or until golden.
- Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:20.73, Inflammation Score:-9, Nutrition Score:33.7178262213%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 652.47kcal (32.62%), Fat: 25.93g (39.89%), Saturated Fat: 9.78g (61.13%), Carbohydrates: 65.32g (21.77%), Net Carbohydrates: 59.79g (21.74%), Sugar: 9.79g (10.88%), Cholesterol: 99.57mg (33.19%), Sodium: 1634.34mg (71.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.16g (82.32%), Selenium: 69.11µg (98.73%), Vitamin K: 75.25µg (71.67%), Phosphorus: 618.26mg (61.83%), Manganese: 1.22mg (60.86%), Calcium: 470.98mg (47.1%), Vitamin B3: 9.27mg (46.37%), Vitamin B6: 0.82mg (41.13%), Vitamin A: 1579.06IU (31.58%), Vitamin B2: 0.51mg (29.99%), Zinc: 4.45mg (29.7%), Potassium: 1030.24mg (29.44%), Vitamin E: 4.31mg (28.77%), Magnesium: 110.08mg (27.52%), Copper: 0.53mg (26.38%), Iron: 4.51mg (25.03%), Vitamin C: 18.74mg (22.71%), Fiber: 5.53g (22.12%), Vitamin B12: 1.16µg (19.4%), Vitamin B1: 0.28mg (18.42%), Vitamin B5: 1.72mg (17.22%), Folate: 63.66µg (15.92%), Vitamin D: 0.54µg (3.62%)