



Baked Ziti with Vegetables and Mushrooms

READY IN



45 min.

SERVINGS



8

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 cups mushrooms chopped
- ☐ 8 ounce tomato sauce canned
- ☐ 14.5 ounce canned tomatoes undrained chopped canned
- ☐ 3 cups ziti hot tube-shaped cooked uncooked ()
- ☐ 1 teaspoon basil dried
- ☐ 4 garlic clove chopped
- ☐ 1 cup bell pepper green chopped
- ☐ 1 cup onion chopped

- ☐ 1 ounce parmesan fresh grated
- ☐ 1 cup part-skim ricotta
- ☐ 1 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 pound pkt spinach
- ☐ 1 tablespoon vegetable oil

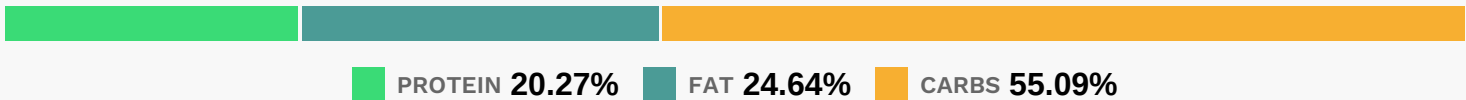
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion and bell peppers, and saut 5 minutes.
- ☐ Add mushrooms and garlic; saut 2 minutes. Stir in basil, salt, black pepper, tomatoes, and tomato sauce, and bring to a boil. Reduce heat; simmer 5 minutes or until slightly thick. Stir in spinach; cook 1 minute or until spinach wilts. Stir in pasta. Spoon into a 13 x 9-inch baking dish coated with cooking spray. Dollop with ricotta.
- ☐ Cover and bake at 375 for 20 minutes. Uncover; sprinkle with Parmesan.
- ☐ Bake an additional 5 minutes or until lightly browned.
- ☐ Note: To make ahead, assemble casserole as directed. Cover and refrigerate overnight.
- ☐ Let stand 30 minutes at room temperature, and bake as directed.

Nutrition Facts



Properties

Glycemic Index:43.38, Glycemic Load:9.43, Inflammation Score:-10, Nutrition Score:23.698260952597%

Flavonoids

Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 208.15kcal (10.41%), Fat: 5.93g (9.12%), Saturated Fat: 2.52g (15.78%), Carbohydrates: 29.83g (9.94%), Net Carbohydrates: 25.76g (9.37%), Sugar: 6.57g (7.3%), Cholesterol: 12.02mg (4.01%), Sodium: 470.18mg (20.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.98g (21.95%), Vitamin K: 148.51µg (141.44%), Vitamin A: 3692.15IU (73.84%), Vitamin C: 55.82mg (67.66%), Manganese: 0.71mg (35.62%), Selenium: 22.97µg (32.81%), Folate: 90.29µg (22.57%), Calcium: 194.7mg (19.47%), Phosphorus: 194.42mg (19.44%), Potassium: 653.62mg (18.67%), Vitamin B6: 0.36mg (18.03%), Vitamin B2: 0.28mg (16.67%), Copper: 0.33mg (16.44%), Fiber: 4.07g (16.27%), Magnesium: 64.15mg (16.04%), Vitamin E: 2.2mg (14.69%), Iron: 2.59mg (14.37%), Vitamin B3: 2.49mg (12.46%), Vitamin B1: 0.14mg (9.55%), Zinc: 1.41mg (9.38%), Vitamin B5: 0.82mg (8.19%), Vitamin B12: 0.14µg (2.33%)