



WHATSheATE



HEALTH SCORE

100%

Beautiful Baked Ziti



Very Healthy

READY IN



75 min.

SERVINGS



1

CALORIES



4558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



9 basil leaves fresh whole



0.3 teaspoon pepper black



10 ounce garlic bread frozen thawed sliced into 9 slices



0.2 cups penne pasta cooked drained



1 tablespoon basil fresh chopped



1 tablespoon garlic fresh chopped



19 ounce mild sausage links to package directions and coin sweet italian johnsonville®



0.3 cup olive oil

- ☐ 0.5 cup parmesan cheese shredded
- ☐ 26 ounce pasta sauce
- ☐ 2 medium roma tomatoes cut into slices
- ☐ 3 cups mozzarella cheese shredded
- ☐ 0.8 cup water

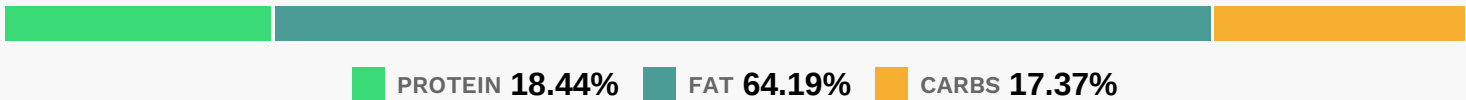
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook sausage links according to package directions; drain, cut into 1/4-inch slices.
- ☐ In a large bowl, combine sausage slices, pasta, pasta sauce, water, basil, garlic, Parmesan cheese, pepper and mix well.
- ☐ Spoon mixture into a greased 9-in. x 13-in. baking dish. Arrange garlic bread slices on top of meat mixture.
- ☐ Sprinkle evenly with mozzarella cheese.
- ☐ In a small bowl, dip tomato slices into olive oil.
- ☐ Place one slice of tomato on each piece of bread.
- ☐ Bake uncovered, at 400F for 25-30 minutes or until heated through.
- ☐ Remove from oven and let rest for 5 minutes before serving.
- ☐ Garnish with basil leaves.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:474.17, Glycemic Load:92.5, Inflammation Score:-10, Nutrition Score:90.743043111718%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 4557.9kcal (227.9%), Fat: 326.29g (501.99%), Saturated Fat: 122.91g (768.17%), Carbohydrates: 198.58g (66.19%), Net Carbohydrates: 174.06g (63.29%), Sugar: 49.79g (55.32%), Cholesterol: 708.81mg (236.27%), Sodium: 11697.89mg (508.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 210.95g (421.9%), Selenium: 292.94µg (418.48%), Vitamin B1: 4.59mg (305.93%), Phosphorus: 2920.18mg (292.02%), Calcium: 2889.18mg (288.92%), Manganese: 5.04mg (252%), Vitamin B12: 13.16µg (219.37%), Vitamin B3: 42.05mg (210.24%), Vitamin B2: 3.26mg (191.51%), Zinc: 25.84mg (172.28%), Vitamin B6: 3.04mg (151.91%), Iron: 26.71mg (148.37%), Vitamin A: 7190.89IU (143.82%), Vitamin E: 20.41mg (136.08%), Potassium: 4608.9mg (131.68%), Vitamin K: 109.61µg (104.39%), Magnesium: 415.81mg (103.95%), Vitamin C: 83.43mg (101.12%), Folate: 401.14µg (100.29%), Fiber: 24.52g (98.09%), Copper: 1.92mg (95.95%), Vitamin B5: 8.24mg (82.42%), Vitamin D: 1.59µg (10.63%)