

## Best Ziti Ever

READY IN



60 min.

SERVINGS



8

CALORIES



693 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1.5 teaspoons basil dried divided
- 1.5 teaspoons penzey's southwest seasoning italian divided
- 48 ounce tomatoes
- 12 ounces ricotta cheese
- 1 dash salt and pepper
- 1 pound mild sausage italian
- 1 pound mozzarella cheese shredded
- 16 ounce ziti pasta

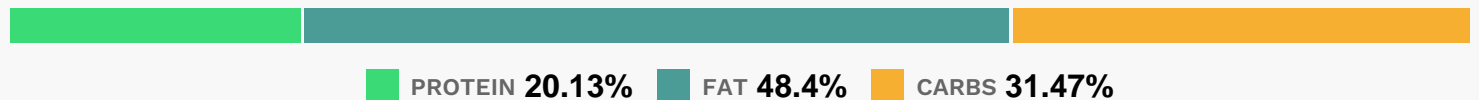
## Equipment

- bowl
- frying pan
- sauce pan
- oven
- pot
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, crumble and set aside. In a large saucepan, heat marinara with 1 teaspoon basil until bubbling. In a medium bowl, mix together ricotta, 1 teaspoon Italian seasoning, salt and pepper.
- Spread bottom of a 9x13 inch baking dish with sauce.
- Layer 1/2 of the ziti, 1/2, the sausage, 1/2 of the ricotta, and 1/2 the mozzarella. Spoon half of the sauce over top. Repeat layers.
- Sprinkle top with remaining 1/2 teaspoons basil and Italian seasoning.
- Bake in preheated oven for 40 to 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:21.75, Glycemic Load:20.73, Inflammation Score:-8, Nutrition Score:25.937825866368%

## Nutrients (% of daily need)

Calories: 692.88kcal (34.64%), Fat: 37.35g (57.46%), Saturated Fat: 17.61g (110.07%), Carbohydrates: 54.62g (18.21%), Net Carbohydrates: 50.02g (18.19%), Sugar: 8.29g (9.21%), Cholesterol: 109.57mg (36.52%), Sodium: 1620.44mg (70.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.95g (69.9%), Selenium: 66.74µg (95.35%), Phosphorus: 502.57mg (50.26%), Calcium: 430.47mg (43.05%), Manganese: 0.79mg (39.57%), Vitamin B12: 1.95µg (32.55%), Vitamin B1: 0.44mg (29.15%), Zinc: 4.36mg (29.07%), Vitamin B2: 0.49mg (28.67%), Vitamin A: 1316.81IU (26.34%), Potassium: 872.47mg (24.93%), Vitamin B6: 0.46mg (23.15%), Vitamin B3: 4.62mg (23.11%), Copper: 0.43mg (21.32%), Iron: 3.76mg (20.87%), Magnesium: 81.87mg (20.47%), Fiber: 4.6g (18.38%), Vitamin E: 2.75mg (18.37%), Vitamin C: 13.05mg (15.82%), Vitamin B5: 1.23mg (12.35%), Vitamin K: 12.14µg (11.56%), Folate: 40.59µg (10.15%), Vitamin D: 0.31µg (2.08%)