



## Cheater Baked Ziti

READY IN



40 min.

SERVINGS



8

CALORIES



613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 16 ounce alfredo sauce
- ☐ 1 pound bulk sausage italian hot
- ☐ 8 ounce cheese blend shredded italian
- ☐ 16 ounce spaghetti sauce
- ☐ 16 ounce ziti pasta dry

## Equipment

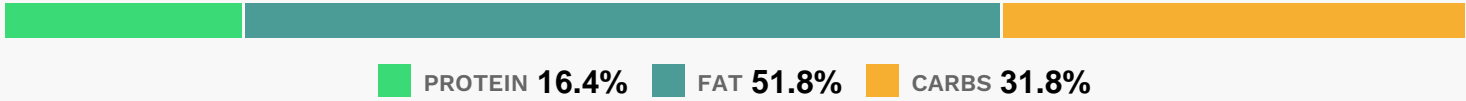
- ☐ frying pan
- ☐ oven

- ☐ pot
- ☐ baking pan

## Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Fill a large pot with lightly salted water and bring to a boil. Stir in the ziti, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through but is still slightly firm, about 12 minutes.
- ☐ Drain well.
- ☐ While the pasta is cooking, heat a large skillet over medium-high heat and stir in the sausage. Cook and stir until the sausage is crumbly, evenly browned, and no longer pink.
- ☐ Drain and discard any excess grease. Stir in the pasta, spaghetti sauce, and Alfredo sauce.
- ☐ Transfer the mixture into a large baking dish, and top with the Italian cheese blend.
- ☐ Bake in the preheated oven until the sauce is bubbly and the cheese is melted, about 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:14.38, Glycemic Load:18.09, Inflammation Score:-4, Nutrition Score:13.503043687862%

## Nutrients (% of daily need)

Calories: 613.2kcal (30.66%), Fat: 35.18g (54.12%), Saturated Fat: 12.35g (77.21%), Carbohydrates: 48.58g (16.19%), Net Carbohydrates: 45.91g (16.7%), Sugar: 4.44g (4.93%), Cholesterol: 85.96mg (28.65%), Sodium: 1121.56mg (48.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.06g (50.11%), Selenium: 50.24µg (71.76%), Manganese: 0.61mg (30.67%), Vitamin B1: 0.39mg (25.78%), Phosphorus: 202.98mg (20.3%), Vitamin B3: 3.37mg (16.84%), Vitamin B6: 0.31mg (15.31%), Copper: 0.27mg (13.72%), Zinc: 1.94mg (12.93%), Potassium: 438.28mg (12.52%), Magnesium: 46.49mg (11.62%), Iron: 1.95mg (10.84%), Fiber: 2.66g (10.66%), Vitamin B2: 0.17mg (9.77%), Calcium: 86.75mg (8.67%), Vitamin B12: 0.52µg (8.6%), Vitamin B5: 0.71mg (7.09%), Vitamin C: 5.1mg (6.19%), Vitamin E: 0.88mg (5.86%), Folate: 19.84µg (4.96%), Vitamin A: 245.51IU (4.91%), Vitamin K: 1.64µg (1.57%)