



WHATSheATE



Company Baked Ziti

READY IN



45 min.

SERVINGS



6

CALORIES



1229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef
- ☐ 1 lb sausage meat sweet italian
- ☐ 1 onion chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 16 oz provolone cheese sliced
- ☐ 1.5 cups mozzarella cheese shredded
- ☐ 1 cup cream sour
- ☐ 52 oz pasta sauce
- ☐ 16 oz ziti cooked

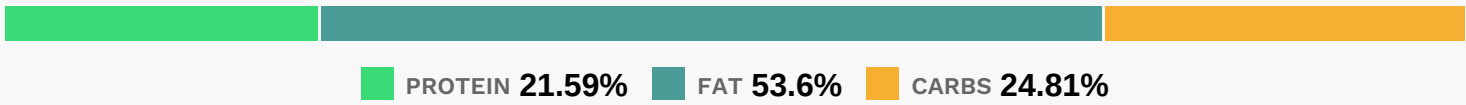
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Brown beef, sausage and onion in a skillet over medium heat; drain. Stir in sauce; reduce heat to low ad simmer 15 minutes.
- ☐ Layer in a greased 13"x9" baking pan as follows: half the pasta, provolone cheese, sour cream, half the sauce mixture, remaining pasta, mozzarella cheese and remaining sauce.
- ☐ Top with parmesan cheese. Cover and bake at 350 for 30 minutes or until hot, bubbly and cheeses are melted.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:27.89, Inflammation Score:-9, Nutrition Score:42.793912846109%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 1228.95kcal (61.45%), Fat: 73.21g (112.63%), Saturated Fat: 34.54g (215.88%), Carbohydrates: 76.25g (25.42%), Net Carbohydrates: 69.83g (25.39%), Sugar: 13.57g (15.07%), Cholesterol: 212.26mg (70.75%), Sodium: 2584.21mg (112.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 66.36g (132.72%), Selenium: 80.74µg (115.34%), Phosphorus: 992.1mg (99.21%), Calcium: 900.21mg (90.02%), Vitamin B12: 4.2µg (69.93%), Zinc: 10.18mg (67.9%), Vitamin B3: 10.68mg (53.41%), Manganese: 1.02mg (50.92%), Vitamin B2: 0.83mg (48.78%), Vitamin B6: 0.93mg (46.68%), Vitamin A: 2286.38IU (45.73%), Potassium: 1505.53mg (43.02%), Iron: 6.27mg (34.81%), Magnesium: 135.71mg (33.93%), Copper: 0.64mg (31.86%), Vitamin E: 4.49mg (29.96%), Vitamin B1: 0.41mg (27.23%), Fiber: 6.42g (25.67%), Vitamin B5: 2.55mg (25.5%), Vitamin C: 19.43mg (23.55%), Folate: 57.57µg (14.39%), Vitamin K: 11.72µg (11.16%), Vitamin D: 1.59µg (10.6%)