



Italian Baked Pasta

READY IN



80 min.

SERVINGS



10

CALORIES



353 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 oz rigatoni uncooked (such as penne, ziti, rotini or rigatoni)
- 4 cups tomatoes homemade (or purchased)
- 0.5 cup pecorino cheese grated
- 15 oz ricotta cheese
- 8 oz mozzarella cheese shredded

Equipment

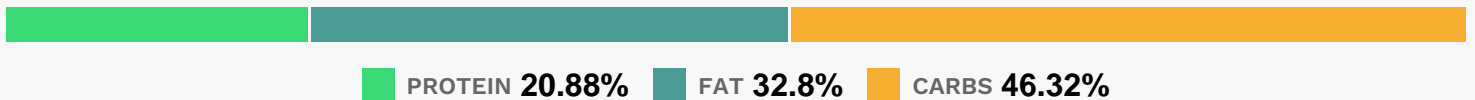
- oven
- aluminum foil

glass baking pan

Directions

- Cook pasta in generously salted water 3 minutes less than recommended on package.
- Drain.
- Meanwhile, heat oven to 350°F. Lightly spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- Pour 2 cups of the marinara sauce into dish.
- Add half of cooked pasta; toss well.
- Sprinkle with 1/4 cup Parmesan cheese. Spoon half of the ricotta cheese in dollops over top.
- Sprinkle with 1 cup of the mozzarella cheese. Repeat layers ending with mozzarella cheese. Cover lightly with foil, making sure foil is not resting on cheese.
- Bake 35 minutes. Uncover; bake 10 to 15 minutes longer or until center is bubbly and thoroughly heated. Cool 10 to 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:16.8, Glycemic Load:15.83, Inflammation Score:-6, Nutrition Score:13.862173956373%

Nutrients (% of daily need)

Calories: 353.18kcal (17.66%), Fat: 12.91g (19.87%), Saturated Fat: 7.53g (47.07%), Carbohydrates: 41.04g (13.68%), Net Carbohydrates: 38.12g (13.86%), Sugar: 5.08g (5.65%), Cholesterol: 44.8mg (14.93%), Sodium: 705.16mg (30.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.5g (36.99%), Selenium: 40µg (57.15%), Phosphorus: 297.66mg (29.77%), Calcium: 279mg (27.9%), Manganese: 0.53mg (26.56%), Vitamin A: 787.64IU (15.75%), Vitamin B2: 0.26mg (15.09%), Zinc: 2.14mg (14.26%), Potassium: 458.4mg (13.1%), Copper: 0.26mg (12.84%), Magnesium: 50mg (12.5%), Vitamin B12: 0.72µg (11.96%), Fiber: 2.92g (11.69%), Vitamin E: 1.56mg (10.42%), Iron: 1.83mg (10.17%), Vitamin B6: 0.19mg (9.57%), Vitamin B3: 1.81mg (9.07%), Vitamin C: 6.86mg (8.32%), Vitamin B5: 0.64mg (6.42%), Folate: 24.03µg (6.01%), Vitamin B1: 0.08mg (5.24%), Vitamin K: 3.89µg (3.7%), Vitamin D: 0.2µg (1.34%)