

Mom's Irish Ziti

READY IN



60 min.

SERVINGS



8

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound bulk sausage sweet italian
- ☐ 1 pinch pepper red crushed to taste
- ☐ 1 clove garlic chopped
- ☐ 0.5 pound lamb
- ☐ 2 teaspoons penzey's southwest seasoning italian
- ☐ 0.5 pound mozzarella cheese sliced
- ☐ 0.5 cup parmigiano-reggiano cheese grated
- ☐ 0.5 pound provolone cheese sliced
- ☐ 3 cups rigatoni

☐ 4.5 cups tomato sauce

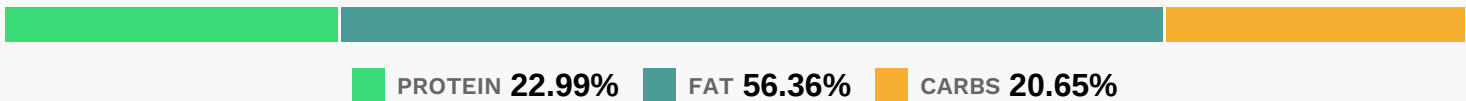
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ wooden spoon
- ☐ colander

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Prepare a 1 1/2-quart baking dish with cooking spray.
- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the rigatoni and return to a boil. Stirring occasionally, boil until the pasta cooked is still firm to the bite, about 13 minutes.
- ☐ Drain well in a colander set in the sink; pour into the prepared baking dish.
- ☐ Place a skillet over medium heat; crumble the sausage and lamb into the hot skillet. Breaking the meat into small pieces with a wooden spoon, cook and stir the mixture until completely browned, 7 to 10 minutes. Stir in the garlic and cook another 2 to 3 minutes.
- ☐ Drain the fat from the skillet.
- ☐ Pour about half of the tomato sauce over the pasta, then layer with the provolone slices and the meat mixture. Season with the Italian seasoning and crushed red pepper; top with the mozzarella cheese and the remaining tomato sauce.
- ☐ Sprinkle the Parmigiano-Reggiano cheese over the top of the dish.
- ☐ Bake in the preheated oven until hot and bubbly, 25 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:9.6, Inflammation Score:-7, Nutrition Score:20.219999852388%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 505.56kcal (25.28%), Fat: 31.79g (48.9%), Saturated Fat: 15.81g (98.83%), Carbohydrates: 26.21g (8.74%), Net Carbohydrates: 23.19g (8.43%), Sugar: 6.03g (6.7%), Cholesterol: 88.45mg (29.48%), Sodium: 1362.91mg (59.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.17g (58.34%), Selenium: 37.82µg (54.03%), Calcium: 473.85mg (47.39%), Phosphorus: 450.2mg (45.02%), Vitamin B12: 2.05µg (34.14%), Zinc: 4.03mg (26.86%), Vitamin B2: 0.41mg (23.85%), Vitamin B3: 4.48mg (22.39%), Vitamin A: 1098.9IU (21.98%), Manganese: 0.42mg (20.98%), Potassium: 668.6mg (19.1%), Vitamin B1: 0.26mg (17.57%), Vitamin B6: 0.34mg (16.8%), Iron: 2.91mg (16.14%), Vitamin E: 2.3mg (15.3%), Magnesium: 60.34mg (15.08%), Copper: 0.29mg (14.59%), Vitamin C: 10.34mg (12.54%), Fiber: 3.01g (12.05%), Vitamin B5: 1.06mg (10.62%), Vitamin K: 9.41µg (8.96%), Folate: 30.28µg (7.57%), Vitamin D: 0.31µg (2.1%)