



Neelys Baked Ziti

READY IN



70 min.

SERVINGS



8

CALORIES



714 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings butter for baking dish
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 3 cloves garlic chopped
- ☐ 1 pound turkey sausage italian hot
- ☐ 1 medium onion chopped
- ☐ 1.5 cups parmesan grated plus more for topping
- ☐ 6 ounces pesto
- ☐ 15 ounces ricotta cheese
- ☐ 8 servings salt

- ☐ 2 cups mozzarella cheese shredded plus more for topping
- ☐ 9 ounce pkt spinach washed
- ☐ 1 pound ziti

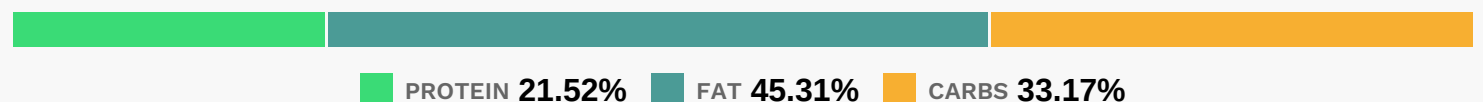
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ colander

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add ziti and cook until al dente.
- ☐ Drain in a colander.
- ☐ In a large skillet over medium heat, saute turkey sausage.
- ☐ Add onion and garlic and saute until the sausage is cooked through. Use your spoon to break up the sausage while it cooks.
- ☐ Add the can of diced tomatoes and pesto and let simmer for 10 minutes.
- ☐ Add the ricotta cheese, spinach, Parmesan and mozzarella to a large bowl, and stir to combine.
- ☐ Butter a 4-quart baking dish, add the cooked pasta, then sausage mixture and cheese mixture. Top with a sprinkling of mozzarella and Parmesan.
- ☐ Bake until completely heated through and golden and crisp on top, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:20.35, Inflammation Score:-10, Nutrition Score:36.940869580144%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 714.33kcal (35.72%), Fat: 36.16g (55.63%), Saturated Fat: 17.25g (107.82%), Carbohydrates: 59.56g (19.85%), Net Carbohydrates: 54.05g (19.65%), Sugar: 9.69g (10.76%), Cholesterol: 104.48mg (34.83%), Sodium: 1631.81mg (70.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.65g (77.3%), Vitamin K: 161.33µg (153.65%), Selenium: 66.3µg (94.72%), Vitamin A: 4411.83IU (88.24%), Calcium: 603.31mg (60.33%), Phosphorus: 579.57mg (57.96%), Manganese: 1.08mg (53.87%), Iron: 8.99mg (49.93%), Vitamin C: 36.7mg (44.48%), Zinc: 4.44mg (29.57%), Vitamin B6: 0.59mg (29.42%), Vitamin B2: 0.5mg (29.16%), Magnesium: 110.72mg (27.68%), Folate: 101.96µg (25.49%), Copper: 0.48mg (23.95%), Potassium: 826.99mg (23.63%), Vitamin B3: 4.65mg (23.26%), Fiber: 5.51g (22.04%), Vitamin B12: 1.3µg (21.61%), Vitamin E: 2.22mg (14.82%), Vitamin B1: 0.22mg (14.8%), Vitamin B5: 1.26mg (12.6%), Vitamin D: 0.31µg (2.08%)