

Pasta Isabarte

READY IN



90 min.

SERVINGS



6

CALORIES



500 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounce olives black sliced canned
- ☐ 2 eggs
- ☐ 6 servings garlic salt to taste
- ☐ 1 bell pepper green sliced
- ☐ 1 onion sliced
- ☐ 1 pinch oregano dried
- ☐ 28 ounce pasta sauce
- ☐ 1 bell pepper red sliced
- ☐ 8 ounce mozzarella cheese shredded

- ☐ 1 tomatoes diced
- ☐ 1 bell pepper yellow sliced
- ☐ 1 pound ziti pasta dry

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add ziti pasta and cook until almost done, soft but not limp; drain.
- ☐ Place eggs in a saucepan and cover with cold water. Over medium heat, bring water to a full boil. Lower heat and simmer for 10 to 15 minutes. Immediately plunge eggs into cold water. Using a sharp knife, dice the eggs.
- ☐ In a large mixing bowl, gently mix tomato, olives, red peppers, yellow peppers, green peppers, onions, eggs, oregano, garlic salt, and pasta sauce. It's more fun to do the mixing with your hands!
- ☐ Pour the drained pasta into the bowl and mix.
- ☐ Pour the mixture into a large, deep, greased casserole dish. Cover with as much cheese as you can, making sure the edges are covered completely. Put lid on dish and bake on a low rack for 30 to 35 minutes or until the cheese is completely melted and turning a golden brown.
- ☐ Let it cool for about 10 minutes, cut into squares and serve.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:26.08, Inflammation Score:-9, Nutrition Score:26.571738989457%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 499.54kcal (24.98%), Fat: 14.47g (22.26%), Saturated Fat: 6.12g (38.26%), Carbohydrates: 71.02g (23.67%), Net Carbohydrates: 64.5g (23.45%), Sugar: 9.9g (11%), Cholesterol: 84.42mg (28.14%), Sodium: 1381.63mg (60.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.82g (45.63%), Vitamin C: 91.15mg (110.49%), Selenium: 59.84µg (85.49%), Manganese: 0.97mg (48.41%), Vitamin A: 1887.3IU (37.75%), Phosphorus: 366.35mg (36.64%), Fiber: 6.52g (26.1%), Calcium: 255.53mg (25.55%), Copper: 0.47mg (23.26%), Potassium: 812.62mg (23.22%), Vitamin E: 3.44mg (22.92%), Vitamin B6: 0.46mg (22.79%), Magnesium: 82.19mg (20.55%), Vitamin B2: 0.34mg (20.18%), Zinc: 2.83mg (18.89%), Iron: 3.11mg (17.3%), Vitamin B12: 0.99µg (16.54%), Vitamin B3: 3.3mg (16.51%), Folate: 58.48µg (14.62%), Vitamin B5: 1.17mg (11.74%), Vitamin B1: 0.16mg (10.97%), Vitamin K: 9.19µg (8.76%), Vitamin D: 0.44µg (2.96%)