



POLLY-O[®] Speedy Ziti

READY IN



40 min.

SERVINGS



8

CALORIES



399 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 tsp pepper black
- 10 oz polly-o mozzarella cheese fresh divided
- 0.3 cup parmesan cheese grated kraft
- 1 cup polly-o original ricotta cheese
- 0.5 tsp salt
- 2 cups tomato sauce
- 1 lb ziti pasta cooked drained

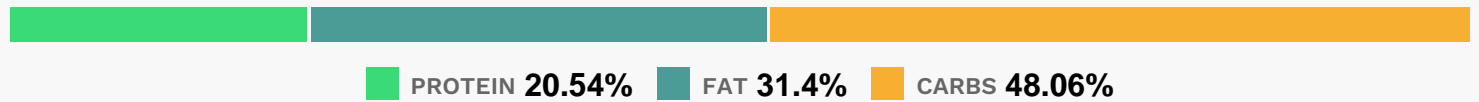
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350F. Chop 6 oz. of the mozzarella cheese; place in large bowl.
- Cut remaining 4 oz. mozzarella cheese into thin slices; set aside for later use.
- Add tomato sauce and ricotta cheese to chopped cheese; mix well.
- Add pasta, salt and pepper; mix lightly.
- Pour into lightly greased 2-quart baking dish; top with sliced cheese.
- Sprinkle with Parmesan cheese.
- Bake 15 to 20 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:18.54, Inflammation Score:-6, Nutrition Score:14.157825946808%

Nutrients (% of daily need)

Calories: 398.62kcal (19.93%), Fat: 13.86g (21.32%), Saturated Fat: 7.9g (49.37%), Carbohydrates: 47.74g (15.91%), Net Carbohydrates: 44.99g (16.36%), Sugar: 4.15g (4.61%), Cholesterol: 46.52mg (15.51%), Sodium: 742mg (32.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.41g (40.81%), Selenium: 47.82µg (68.31%), Phosphorus: 318.04mg (31.8%), Manganese: 0.61mg (30.45%), Calcium: 291.6mg (29.16%), Zinc: 2.46mg (16.43%), Vitamin B12: 0.96µg (15.93%), Vitamin B2: 0.25mg (14.44%), Vitamin A: 670.09IU (13.4%), Magnesium: 50.94mg (12.73%), Copper: 0.25mg (12.34%), Fiber: 2.75g (11%), Potassium: 374.44mg (10.7%), Iron: 1.62mg (9%), Vitamin B6: 0.17mg (8.48%), Vitamin B3: 1.64mg (8.22%), Vitamin E: 1.06mg (7.08%), Vitamin B5: 0.56mg (5.61%), Folate: 22.12µg (5.53%), Vitamin B1: 0.08mg (5.42%), Vitamin C: 4.29mg (5.2%), Vitamin K: 3.08µg (2.94%), Vitamin D: 0.22µg (1.46%)