

## Prego® Now and Later Baked Ziti

READY IN



45 min.

SERVINGS



12

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 ounce noodles tube-shaped cooked drained (ziti)
- 2 pounds ground beef
- 1 jar mushrooms fresh italian prego® (4 pounds 3 ounces)
- 1 large onion chopped
- 0.5 cup parmesan cheese grated
- 3 cups mozzarella cheese shredded

### Equipment

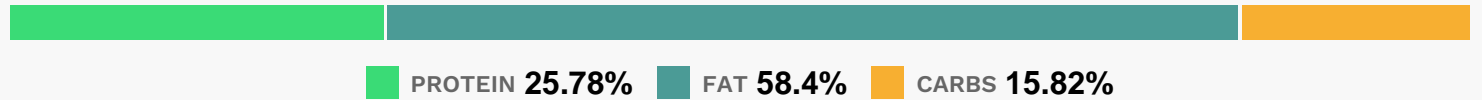
- oven

- pot
- aluminum foil

## Directions

- Cook the beef and onion in an 8-quart saucepot over medium high heat until the beef is well browned, stirring often.
- Pour off any fat.
- Stir the sauce, ziti and 2 cups mozzarella cheese in the saucepot. Spoon the beef mixture into 2 (12 1/2 x 8 1/2 x 2-inch) disposable foil pans. Top with the remaining mozzarella and Parmesan cheeses.
- Bake at 350 degrees F for 30 minutes or until the beef mixture is hot.

## Nutrition Facts



## Properties

Glycemic Index:11.21, Glycemic Load:5.75, Inflammation Score:-3, Nutrition Score:11.490869480631%

## Flavonoids

Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

## Nutrients (% of daily need)

Calories: 358.3kcal (17.92%), Fat: 22.91g (35.24%), Saturated Fat: 10.2g (63.76%), Carbohydrates: 13.97g (4.65%), Net Carbohydrates: 13.07g (4.75%), Sugar: 1.03g (1.15%), Cholesterol: 79.42mg (26.47%), Sodium: 300.01mg (13.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.75g (45.51%), Selenium: 27.61µg (39.44%), Vitamin B12: 2.31µg (38.54%), Zinc: 4.37mg (29.15%), Phosphorus: 270.6mg (27.06%), Calcium: 197.36mg (19.74%), Vitamin B3: 3.4mg (16.98%), Vitamin B6: 0.29mg (14.58%), Vitamin B2: 0.22mg (12.75%), Iron: 2.12mg (11.77%), Manganese: 0.16mg (7.87%), Potassium: 268.21mg (7.66%), Magnesium: 27.97mg (6.99%), Vitamin B5: 0.49mg (4.91%), Copper: 0.09mg (4.69%), Vitamin A: 225.57IU (4.51%), Vitamin B1: 0.06mg (3.69%), Fiber: 0.89g (3.57%), Folate: 12.54µg (3.13%), Vitamin E: 0.41mg (2.73%), Vitamin K: 2.13µg (2.02%), Vitamin D: 0.21µg (1.39%), Vitamin C: 0.93mg (1.12%)