

Sausage Baked Ziti

READY IN



60 min.

SERVINGS



8

CALORIES



707 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs
- 2 teaspoons garlic minced
- 0.5 teaspoon ground pepper black
- 8 ounce cheese blend shredded italian
- 1 teaspoon oregano dried
- 15 ounce ricotta cheese
- 0.5 teaspoon salt
- 1 pound mild sausage italian
- 39 ounces tomato basil sauce classico®

- 1 large onion yellow minced
- 16 ounce ziti pasta dry

Equipment

- bowl
- frying pan
- oven
- pot
- baking pan
- aluminum foil
- colander

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- 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 ziti, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes.
- Drain well in a colander set in the sink.
- While pasta is cooking, heat a large skillet over medium heat.
- Add the sausage, and cook and stir until brown, about 10 minutes.
- Drain sausage and set aside.
- Stir together the ricotta, egg, onion, garlic, and oregano in a large bowl until well combined. Stir in the drained pasta, the drained sausage, salt, pepper, and 13 ounces of pasta sauce; mix well.
- In the prepared baking dish, cover the bottom with 8 ounces of pasta sauce.
- Layer 1/2 of the pasta mixture, 8 ounces of pasta sauce, and 1/2 of the shredded cheese. Then layer the remaining 1/2 of the pasta, 10 ounces of pasta sauce, and 1/2 of the cheese.
- Sprinkle with basil. Cover the dish tightly with aluminum foil.
- Bake in the preheated oven until heated through, about 20 minutes. Uncover; return to the oven and bake until cheese is melted, 5 to 10 more minutes.

Nutrition Facts

PROTEIN 18.05% FAT 46.69% CARBS 35.26%

Properties

Glycemic Index:23.88, Glycemic Load:18.03, Inflammation Score:-8, Nutrition Score:17.971304437389%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 706.99kcal (35.35%), Fat: 36.48g (56.13%), Saturated Fat: 12.81g (80.05%), Carbohydrates: 61.98g (20.66%), Net Carbohydrates: 55.27g (20.1%), Sugar: 12.44g (13.82%), Cholesterol: 96.33mg (32.11%), Sodium: 1190.15mg (51.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.74g (63.48%), Selenium: 59.51µg (85.01%), Manganese: 0.62mg (31.15%), Phosphorus: 289.7mg (28.97%), Fiber: 6.71g (26.84%), Vitamin B1: 0.39mg (26.19%), Calcium: 246.45mg (24.65%), Potassium: 810.77mg (23.16%), Vitamin A: 1100.84IU (22.02%), Zinc: 2.55mg (17.01%), Vitamin B6: 0.32mg (15.88%), Vitamin B2: 0.27mg (15.62%), Iron: 2.66mg (14.8%), Vitamin B3: 2.91mg (14.53%), Vitamin B12: 0.75µg (12.43%), Copper: 0.24mg (11.86%), Magnesium: 47.45mg (11.86%), Vitamin C: 9.4mg (11.39%), Vitamin B5: 0.76mg (7.63%), Folate: 27.9µg (6.98%), Vitamin K: 2.5µg (2.39%), Vitamin E: 0.23mg (1.53%), Vitamin D: 0.22µg (1.44%)