



Scuderi Kids' Fast, Fake-Baked Ziti

READY IN



45 min.

SERVINGS



6

CALORIES



614 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup asiago cheese shredded
- 1 handful basil leaves fresh
- 6 servings pepper black freshly ground
- 2 tablespoons butter
- 14 ounce canned tomatoes crushed canned (recommended: San Marzano)
- 28 ounce canned tomatoes whole peeled canned (recommended: San Marzano)
- 6 servings coarse salt
- 6 servings top
- 2 tablespoons flour all-purpose

- 1 cup mozzarella cheese fresh sliced
- 3 cloves garlic finely chopped
- 6 servings grating nutmeg generous
- 3 tablespoons olive oil extra-virgin
- 0.5 cup parmigiano-reggiano shredded
- 2 cups milk whole
- 1 pound ziti rigate with ridges

Equipment

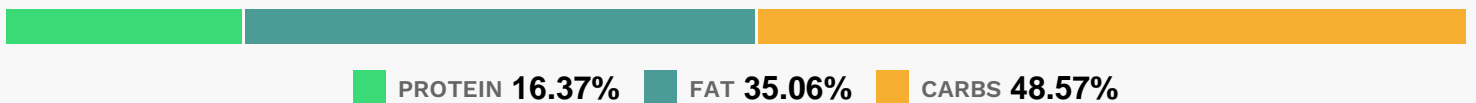
- frying pan
- whisk
- pot
- casserole dish
- broiler

Directions

- Watch how to make this recipe.
- Put pasta water on to boil.
- In a medium sauce pot over medium heat, saute garlic in extra-virgin olive oil. Chop whole tomatoes and add them to the pan.
- Add crushed tomatoes and salt and simmer 10 minutes, add basil and simmer over low heat 10 minutes more.
- Add salt and pasta to boiling water and cook 6 minutes, leaving pasta a little chewy.
- While pasta cooks, melt butter in a small pot over medium heat.
- Whisk in flour, then cook 1 minute, adding salt and pepper and nutmeg to flour.
- Add milk and bring sauce to a bubble. Reduce 5 minutes.
- Drain pasta and transfer to a large casserole dish.
- Pour the tomato and basil sauce over the pasta and turn to coat the pasta.

- Pour the bechamel over the already coated pasta. Cover the top of the pasta with Asiago, Parmesan and mozzarella.
- Place the casserole under hot broiler and melt the 3 cheeses until brown and bubbly, 3 to 5 minutes.
- Serve immediately with Spinach and Artichoke Salad and bread.
- 1/4 pound, 4 to 5 cups, baby spinach, packed
- (15-ounce) cans artichoke hearts packed in water, drained and sliced
- clove garlic, finely chopped
- teaspoons lemon zest
- tablespoon lemon juice
- tablespoons red wine vinegar
- 1/4 to 1/3 cup extra-virgin olive oil
- Salt and pepper
- A handful shredded Parmigiano-Reggiano
- Combine spinach and artichokes.
- Place garlic, lemon zest and juice in small dish and add vinegar.
- Let it stand 5 minutes then whisk in extra-virgin olive oil.
- Pour oil and vinegar dressing over salad and toss to combine. Season the salad with salt and pepper, to your taste. Top the salad with cheese then serve.

Nutrition Facts



Properties

Glycemic Index:101.08, Glycemic Load:28.08, Inflammation Score:-7, Nutrition Score:24.457826303399%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 614.49kcal (30.72%), Fat: 24.15g (37.16%), Saturated Fat: 10.86g (67.86%), Carbohydrates: 75.29g (25.1%), Net Carbohydrates: 69.73g (25.35%), Sugar: 12.96g (14.4%), Cholesterol: 45.87mg (15.29%), Sodium: 926.6mg (40.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.38g (50.76%), Selenium: 58.21µg (83.15%), Manganese: 1.05mg (52.54%), Calcium: 480.65mg (48.07%), Phosphorus: 464.85mg (46.48%), Copper: 0.47mg (23.6%), Magnesium: 94.06mg (23.52%), Vitamin B2: 0.39mg (23.2%), Vitamin C: 18.98mg (23%), Vitamin B6: 0.45mg (22.5%), Potassium: 783.04mg (22.37%), Fiber: 5.57g (22.27%), Vitamin E: 3.05mg (20.31%), Iron: 3.65mg (20.27%), Zinc: 2.86mg (19.09%), Vitamin B1: 0.27mg (18.13%), Vitamin B12: 1.07µg (17.88%), Vitamin B3: 3.42mg (17.12%), Vitamin A: 822.05IU (16.44%), Vitamin K: 14.5µg (13.81%), Vitamin B5: 1.1mg (11.01%), Folate: 43.02µg (10.75%), Vitamin D: 1.05µg (7.02%)