



Slow-Cooker Baked Ziti

READY IN



190 min.

SERVINGS



6

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons basil leaves fresh finely chopped
- ☐ 50 oz tomatoes
- ☐ 1 cup parmesan grated
- ☐ 15 oz part-skim ricotta
- ☐ 1 teaspoon salt
- ☐ 1 cup mozzarella cheese shredded
- ☐ 1 pound ziti

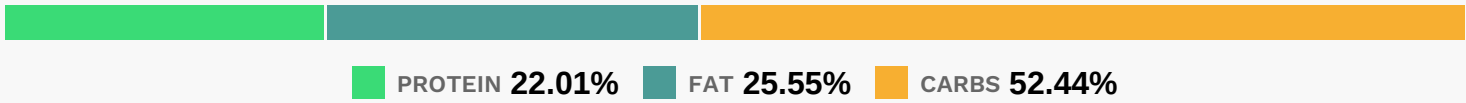
Equipment

- ☐ bowl
- ☐ slow cooker
- ☐ colander

Directions

- ☐ Combine all three cheeses and salt in a medium bowl. Rinse ziti under cold water in a colander, allowing some water to cling to pasta.
- ☐ Mist inside of slow cooker with cooking spray.
- ☐ Place half of pasta in an even layer over bottom of cooker. Spoon half of sauce over pasta. Dot with half of cheese mixture and half of basil. Repeat with remaining pasta, sauce, cheese and basil.
- ☐ Pour in 2/3 cup water.
- ☐ Cover and cook on high until pasta is tender, 2 to 3 hours.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:27, Inflammation Score:-8, Nutrition Score:26.027825946393%

Nutrients (% of daily need)

Calories: 556.46kcal (27.82%), Fat: 15.94g (24.52%), Saturated Fat: 8.99g (56.18%), Carbohydrates: 73.6g (24.53%), Net Carbohydrates: 67.63g (24.59%), Sugar: 10.98g (12.2%), Cholesterol: 48.05mg (16.02%), Sodium: 1984.58mg (86.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.88g (61.77%), Selenium: 67.96µg (97.08%), Calcium: 534.75mg (53.47%), Phosphorus: 518.49mg (51.85%), Manganese: 0.97mg (48.53%), Vitamin A: 1586.62IU (31.73%), Potassium: 990.39mg (28.3%), Copper: 0.52mg (26.23%), Vitamin B2: 0.44mg (25.81%), Magnesium: 97.64mg (24.41%), Vitamin E: 3.61mg (24.08%), Fiber: 5.97g (23.89%), Zinc: 3.55mg (23.63%), Iron: 3.81mg (21.14%), Vitamin C: 16.66mg (20.19%), Vitamin B6: 0.38mg (18.81%), Vitamin B3: 3.75mg (18.76%), Vitamin B12: 0.83µg (13.85%), Vitamin B5: 1.33mg (13.31%), Folate: 47.01µg (11.75%), Vitamin K: 10.67µg (10.16%), Vitamin B1: 0.15mg (10.13%), Vitamin D: 0.23µg (1.53%)