



## Southernized Baked Ziti

 Popular

READY IN



110 min.

SERVINGS



8

CALORIES



914 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 15 ounce canned tomatoes diced canned
- ☐ 28 ounce canned tomatoes whole canned
- ☐ 0.3 cup celery chopped
- ☐ 2 teaspoons parsley dried
- ☐ 0.5 cup bread crumbs dry
- ☐ 2 large eggs
- ☐ 1 large mozzarella ball
- ☐ 4 cloves garlic

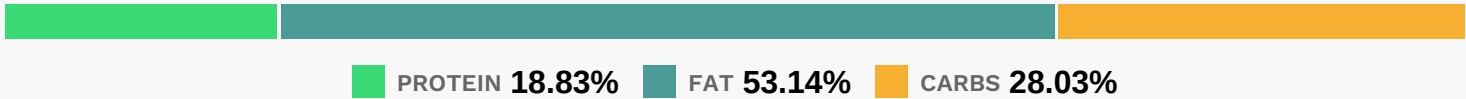
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 pound ground beef
- ☐ 0.5 pound sausage italian
- ☐ 1.5 pounds sausage italian
- ☐ 2 teaspoons penzey's southwest seasoning italian
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 8 servings kosher salt and freshly cracked pepper black to taste
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 0.3 cup parmesan grated
- ☐ 1 cup parmesan cheese shredded
- ☐ 1 cup ricotta cheese
- ☐ 1 pound ziti pasta

Equipment

Directions

- ☐ Recipe: Southernized
- ☐ Baked Ziti
- ☐ From the Kitchen of Deep South Dish
- ☐ Prep time: 40 min |Cook time: 1 hour 10 min |

Nutrition Facts



Properties

Glycemic Index:52.88, Glycemic Load:21.36, Inflammation Score:-7, Nutrition Score:32.8999999867315%

Flavonoids

Apigenin: 1.22mg, Apigenin: 1.22mg, Apigenin: 1.22mg, Apigenin: 1.22mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 913.86kcal (45.69%), Fat: 53.94g (82.99%), Saturated Fat: 21.07g (131.66%), Carbohydrates: 64.03g (21.34%), Net Carbohydrates: 58.17g (21.15%), Sugar: 10.05g (11.17%), Cholesterol: 179.34mg (59.78%), Sodium: 1594.83mg (69.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.01g (86.02%), Selenium: 83.1µg (118.71%), Vitamin B1: 0.92mg (61.47%), Phosphorus: 567.99mg (56.8%), Manganese: 1.05mg (52.3%), Vitamin B6: 0.87mg (43.62%), Vitamin B3: 8.36mg (41.79%), Calcium: 376.89mg (37.69%), Zinc: 5.57mg (37.12%), Vitamin B12: 2.07µg (34.49%), Vitamin B2: 0.56mg (32.82%), Iron: 5.72mg (31.8%), Vitamin C: 25.86mg (31.35%), Potassium: 1084.16mg (30.98%), Copper: 0.61mg (30.69%), Magnesium: 101.36mg (25.34%), Fiber: 5.86g (23.42%), Vitamin B5: 1.81mg (18.13%), Vitamin E: 2.68mg (17.9%), Folate: 66.24µg (16.56%), Vitamin K: 16.12µg (15.35%), Vitamin A: 714.64IU (14.29%), Vitamin D: 0.42µg (2.79%)