



Three-Cheese Baked Pasta

READY IN



20 min.

SERVINGS



10

CALORIES



465 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 20 oz alfredo sauce
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1.5 cups mozzarella cheese
- ☐ 0.3 cup parmesan cheese grated
- ☐ 15 oz ricotta cheese
- ☐ 8 oz cream sour
- ☐ 16 oz ziti

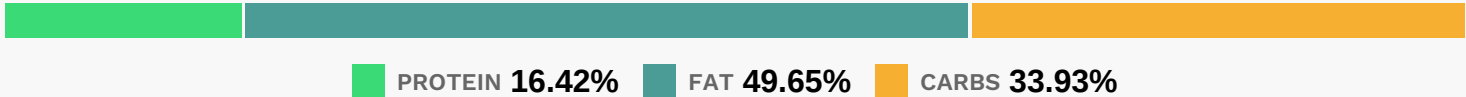
Equipment

- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Cook ziti according to package directions; drain and return to pot.
- ☐ Stir together Alfredo sauce and sour cream; toss with ziti until evenly coated. Spoon half of ziti mixture into a lightly greased 13- x 9-inch baking dish.
- ☐ Stir together ricotta cheese and next 3 ingredients; spread evenly over pasta mixture. Spoon remaining pasta mixture evenly over ricotta cheese layer; sprinkle with mozzarella cheese.
- ☐ Bake at 350 for 30 minutes or until bubbly.
- ☐ Note: Ziti pasta is shaped in long, thin tubes; penne or rigatoni pasta may be substituted. For testing purposes only, we used refrigerated Buitoni Alfredo Sauce.

Nutrition Facts



Properties

Glycemic Index:12.8, Glycemic Load:14.08, Inflammation Score:-5, Nutrition Score:12.089565308198%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg

Nutrients (% of daily need)

Calories: 465kcal (23.25%), Fat: 25.32g (38.95%), Saturated Fat: 13.51g (84.41%), Carbohydrates: 38.93g (12.98%), Net Carbohydrates: 37.43g (13.61%), Sugar: 3.23g (3.59%), Cholesterol: 124.91mg (41.64%), Sodium: 590.67mg (25.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.84g (37.68%), Selenium: 42.47µg (60.68%), Phosphorus: 266.15mg (26.61%), Vitamin K: 25.91µg (24.68%), Calcium: 235.07mg (23.51%), Manganese: 0.43mg (21.67%), Vitamin B2: 0.25mg (14.8%), Zinc: 1.95mg (13.01%), Vitamin A: 646.08IU (12.92%), Vitamin B12: 0.7µg (11.63%), Magnesium: 37.17mg (9.29%), Copper: 0.16mg (7.82%), Iron: 1.12mg (6.22%), Potassium: 213.63mg (6.1%),

Fiber: 1.5g (6%), Vitamin B6: 0.12mg (5.93%), Folate: 22.93µg (5.73%), Vitamin B5: 0.55mg (5.53%), Vitamin B3: 0.88mg (4.41%), Vitamin B1: 0.06mg (4.13%), Vitamin C: 2.2mg (2.67%), Vitamin D: 0.36µg (2.43%), Vitamin E: 0.34mg (2.29%)