



Tuscan Vegetarian Baked Ziti

 Vegetarian

READY IN



40 min.

SERVINGS



40

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 lb mushrooms fresh sliced
- 7 oz milk italian* three cheese blend shredded 2% divided kraft
- 1 tsp oregano leaves dried
- 24 oz classico family favorites pasta sauce traditional
- 2 large pasilla peppers red cut into thin strips
- 3 cups ziti pasta cooked
- 2 zucchini sliced

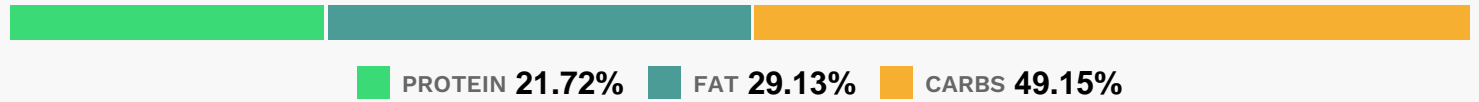
Equipment

- oven
- baking pan

Directions

- Heat oven to 375F.
- Reserve 3/4 cup cheese; combine remaining cheese with all remaining ingredients.
- Spoon pasta mixture into 13x9-inch baking dish sprayed with cooking spray; sprinkle with reserved cheese.
- Bake 20 to 25 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:4.28, Glycemic Load:1.82, Inflammation Score:-4, Nutrition Score:3.0939130831672%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 41.87kcal (2.09%), Fat: 1.44g (2.21%), Saturated Fat: 0.23g (1.47%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 4.71g (1.71%), Sugar: 1.43g (1.59%), Cholesterol: 0.99mg (0.33%), Sodium: 91.73mg (3.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Vitamin C: 13.56mg (16.44%), Vitamin A: 350.76IU (7.02%), Selenium: 3.5µg (5%), Manganese: 0.09mg (4.55%), Potassium: 122.03mg (3.49%), Vitamin B6: 0.07mg (3.46%), Vitamin B2: 0.05mg (3.12%), Fiber: 0.75g (2.98%), Vitamin B3: 0.58mg (2.88%), Copper: 0.06mg (2.87%), Vitamin E: 0.4mg (2.67%), Phosphorus: 23.9mg (2.39%), Folate: 9.54µg (2.38%), Magnesium: 8.32mg (2.08%), Vitamin B5: 0.2mg (2.03%), Iron: 0.34mg (1.88%), Calcium: 16.28mg (1.63%), Vitamin K: 1.58µg (1.51%), Vitamin B1: 0.02mg (1.44%), Zinc: 0.18mg (1.22%)