



 **51%**
HEALTH SCORE

Tuscan Vegetarian Baked Ziti

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

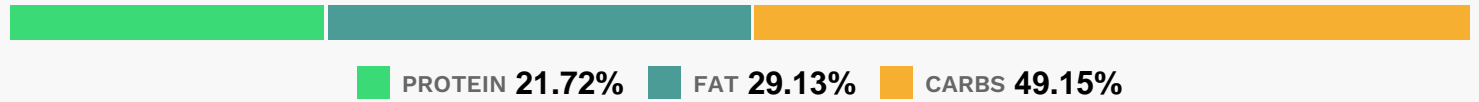
Equipment

- 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:28.5, Glycemic Load:12.12, Inflammation Score:-9, Nutrition Score:20.206087029499%

Flavonoids

Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 279.12kcal (13.96%), Fat: 9.58g (14.73%), Saturated Fat: 1.56g (9.77%), Carbohydrates: 36.35g (12.12%), Net Carbohydrates: 31.38g (11.41%), Sugar: 9.53g (10.59%), Cholesterol: 6.61mg (2.2%), Sodium: 611.53mg (26.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.07g (32.14%), Vitamin C: 90.41mg (109.58%), Vitamin A: 2338.4IU (46.77%), Selenium: 23.35µg (33.36%), Manganese: 0.61mg (30.3%), Potassium: 813.54mg (23.24%), Vitamin B6: 0.46mg (23.09%), Vitamin B2: 0.35mg (20.77%), Fiber: 4.97g (19.87%), Vitamin B3: 3.84mg (19.21%), Copper: 0.38mg (19.16%), Vitamin E: 2.67mg (17.78%), Phosphorus: 159.31mg (15.93%), Folate: 63.57µg (15.89%), Magnesium: 55.44mg (13.86%), Vitamin B5: 1.35mg (13.55%), Iron: 2.25mg (12.53%), Calcium: 108.53mg (10.85%), Vitamin K: 10.56µg (10.06%), Vitamin B1: 0.14mg (9.62%), Zinc: 1.22mg (8.15%)