



HEALTH SCORE

66%

Ziti Baked with Spinach, Tomatoes, and Smoked Gouda



Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



367 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups baby spinach
- ☐ 10 ounce canned tomatoes diced italian canned (such as Rotel Bold)
- ☐ 14.5 ounce canned tomatoes diced with basil, garlic, and oregano canned
- ☐ 3 garlic clove minced
- ☐ 5 ounces gouda cheese smoked shredded divided
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped

- ☐ 1 cup bell pepper yellow chopped
- ☐ 8 ounces ziti uncooked

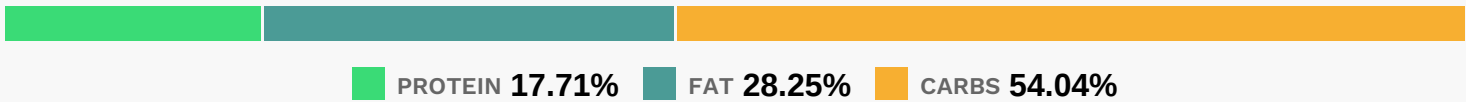
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 37
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain well.
- ☐ Heat the oil in a Dutch oven over medium-high heat.
- ☐ Add onion and pepper; saut 5 minutes.
- ☐ Add garlic to pan; saut 2 minutes or until onion is tender. Stir in tomatoes; bring to a boil. Reduce heat, and simmer 5 minutes, stirring occasionally.
- ☐ Add spinach to pan; cook 30 seconds or until spinach wilts, stirring frequently.
- ☐ Remove from heat.
- ☐ Add pasta and 3/4 cup cheese to tomato mixture, tossing well to combine. Spoon pasta mixture into an 11 x 7-inch baking dish lightly coated with cooking spray; sprinkle evenly with remaining 1/2 cup cheese.
- ☐ Bake at 375 for 15 minutes or until cheese melts and begins to brown.

Nutrition Facts



Properties

Glycemic Index:46.8, Glycemic Load:17.57, Inflammation Score:-10, Nutrition Score:28.548695831195%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg

Nutrients (% of daily need)

Calories: 367.46kcal (18.37%), Fat: 11.84g (18.21%), Saturated Fat: 5.6g (34.98%), Carbohydrates: 50.97g (16.99%), Net Carbohydrates: 45.5g (16.54%), Sugar: 9.43g (10.48%), Cholesterol: 32.32mg (10.77%), Sodium: 439.47mg (19.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.7g (33.41%), Vitamin K: 125.82µg (119.83%), Vitamin C: 77.14mg (93.5%), Vitamin A: 2769.15IU (55.38%), Manganese: 0.99mg (49.74%), Selenium: 34.36µg (49.08%), Phosphorus: 315.92mg (31.59%), Calcium: 292.89mg (29.29%), Copper: 0.48mg (23.82%), Folate: 92.62µg (23.15%), Potassium: 793.53mg (22.67%), Vitamin B6: 0.45mg (22.65%), Fiber: 5.47g (21.88%), Magnesium: 86.23mg (21.56%), Iron: 3.36mg (18.69%), Vitamin E: 2.75mg (18.35%), Zinc: 2.37mg (15.82%), Vitamin B2: 0.26mg (15.15%), Vitamin B3: 2.98mg (14.88%), Vitamin B1: 0.2mg (13.26%), Vitamin B5: 0.79mg (7.94%), Vitamin B12: 0.44µg (7.28%)