



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Baked Ziti •

Baked ziti is a classic Italian-American dish that is typically made with ziti pasta, tomato sauce, cheese, and various seasonings. It is a hearty and comforting dish that is perfect for family dinners or gatherings. The pasta is cooked until al dente, then mixed with the sauce and cheese before being baked in the oven until bubbly and golden brown. Baked ziti is often served as a main course, accompanied by a salad or garlic bread.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 1000 grams

Number of Servings: 6

Serving Size: 166 g

Ingredients

500 g	ziti pasta
2 c	tomato sauce
2 c	Mozzarella Cheese
1 c	Parmesan Cheese

2 cloves	garlic
2 tbsp	Olive oil
1 tsp	Dried Oregano
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Boiling

Cook the ziti pasta according to the package instructions until al dente. Drain and set aside.

Prep Time: 10 mins

Cook Time: 10 mins

Step 3

Sautéing

In a large saucepan, heat the olive oil over medium heat. Add the garlic and cook until fragrant, about 1 minute. Add the tomato sauce, dried oregano, salt, and black pepper. Simmer for 10 minutes.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Mixing

In a large mixing bowl, combine the cooked ziti pasta, tomato sauce, and half of the mozzarella and Parmesan cheeses. Mix well to combine.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Transfer the mixture to a greased baking dish. Top with the remaining mozzarella and Parmesan cheeses.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Baking

Bake in the preheated oven for 20 minutes, or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 20 mins

Step 7

Cooling

Remove from the oven and let cool for a few minutes before serving.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 45 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	10 g	35.71%	40%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	25 mg	2.5%	2.5%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian

Chinese

Middle Eastern

Kitchen Tools

Slow Cooker

Course

Side Dishes

Salads

Sauces & Dressings

Cultural

Hanukkah

Halloween

Cost

\$10 to \$20

\$30 to \$40

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

Visit our website: healthdor.com