

HOMEMADE BAKED ZITI

NO IMAGE

Servings:	24.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-50332
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	1 Pound	UNPREPARED	100158
SAUSAGE ITAL BULK RAW 90/10	3/4 Pound	BAKE May be prepared in an oven or on a griddle. Cook to a minimum internal temperature consistent with current USDA recommendations.	499501
TOMATO DCD PETITE	1 Quart 1 Pint (6 Cup)	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	498871

Description	Measurement	Prep Instructions	DistPart #
SAUCE TOMATO	1 Quart 1 Pint 1/2 Cup (6 1/2 Cup)	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	306347
SEASONING ITAL HRB	1 Tablespoon 1 Teaspoon (4 Teaspoon)		428574
SPICE PEPR RED CRUSHED	1 Teaspoon		430196
PASTA PENNE CKD	2 Quart		835900
CHEESE MOZZ SHRD	2 Quart 1 Pint 1 Cup (11 Cup)	READY_TO_EAT Preshredded. Use cold or melted.	645170
CHEESE COTTAGE SML 1	1 Pint 1 Cup (3 Cup)	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
Premium Parmesan Cheese, Fancy Shredded	1 Cup		432413
EGG SHL LRG A GRD	2 Each		206539

Preparation Instructions

Cook sausage and ground beef until browned and temp reaches 155 degrees. Drain. Add diced tomatoes with juice, tomato sauce, Italian seasoning, and crushed red pepper. Stir and simmer 25 - 30 minutes. Stir in Penne.

In another bowl, combine 3 cups of mozzarella cheese, cottage cheese, and eggs. Stir together just a couple of times, but do not mix completely.

Layer the meat mixture, cheese mixture, and meat mixture. Bake at 350 degrees or until the temperature reaches 145 degrees. Top with 8 cups mozzarella Cheese; return to the oven to melt the cheese.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 6.00 Ounce

Amount Per Serving	
Calories	387.80
Fat	18.99g
SaturatedFat	9.25g
Trans Fat	0.50g
Cholesterol	58.58mg
Sodium	1045.94mg
Carbohydrates	25.35g
Fiber	2.42g
Sugar	7.37g
Protein	36.83g
Vitamin A 20.00IU	Vitamin C 0.00mg
Calcium 448.50mg	Iron 1.42mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	227.99
Fat	11.16g
SaturatedFat	5.44g
Trans Fat	0.29g
Cholesterol	34.44mg
Sodium	614.91mg
Carbohydrates	14.90g
Fiber	1.42g
Sugar	4.33g
Protein	21.65g
Vitamin A 11.76IU	Vitamin C 0.00mg
Calcium 263.67mg	Iron 0.84mg

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**One or more nutritional components are missing from at least one item on this recipe.