

# HOMEMADE BAKED ZITI



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

<b>Meat</b>	3.000
<b>Grain</b>	0.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.750
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 6.00 Ounce

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

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

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