

# Baked Ziti

Number of Servings: 1 (170.31 g per serving)

Ingredient	Comments
Pasta, spaghetti noodles, enrich, ckd	
Marinara Sauce SNC	
Cottage Cheese, 2% fat	
Cheese, provolone, mild	
Cheese, Swiss, low fat, shred	
Parsley, dried	
Cheese, mozzarella	

Nutrition Facts	
Serving Size About 1/2 Cup (170g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 230</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 3.5g	<b>18%</b>
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 610mg</b>	<b>25%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 7g	
<b>Protein 13g</b>	
Vitamin A 15%	• Vitamin C 6%
Calcium 25%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9    • Carbohydrate 4    • Protein 4	

Provided by: St. Norbert College Dining Services using ESHA Food Processor 10.1 software

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