



Baked Smoked Sausage Spaghetti Casserole

READY IN



45 min.

SERVINGS



4

CALORIES



700 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup basil leaves coarsely chopped
- 28 ounce canned tomatoes crushed canned
- 1 pound pasta like spaghetti cooked
- 2 cloves garlic minced
- 1 medium bell pepper diced green
- 0.5 teaspoon penzey's southwest seasoning italian
- 8 ounce mushrooms sliced
- 2 teaspoons olive oil
- 1 medium onion chopped

- 13.5 ounce rope sausage smoked split sliced johnsonville®
- 0.5 teaspoon lawry's seasoned salt
- 1 cup cheddar cheese shredded divided
- 0.8 cup water

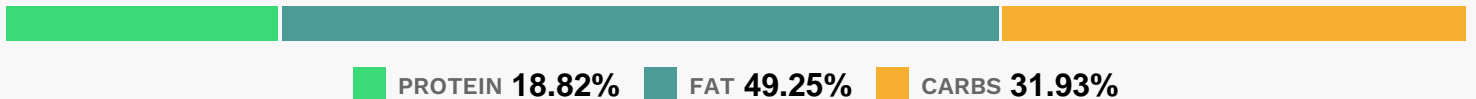
Equipment

- oven
- baking pan
- dutch oven

Directions

- In a Dutch oven, over medium heat, cook sausage, onion and garlic in oil until onions are tender.
- Add green pepper, mushrooms, salt and seasoning; continue to cook for 4 minutes. Stir in tomatoes, water and basil. Simmer, uncovered, for 20–25 minutes.
- Add prepared spaghetti to sauce; toss to coat evenly.
- Spoon one-half of the pasta mixture into a greased 2-1/2 quart baking dish.
- Sprinkle with one-half of the cheese. Top with remaining pasta mixture and cheese.
- Bake, covered, at 375 degrees F for 20 to 25 minutes.
- Remove cover, bake 5 minutes longer.
- Serve.

Nutrition Facts



Properties

Glycemic Index:78.88, Glycemic Load:21.48, Inflammation Score:-8, Nutrition Score:32.879565487737%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg,

Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 700.18kcal (35.01%), Fat: 38.93g (59.89%), Saturated Fat: 14.46g (90.37%), Carbohydrates: 56.78g (18.93%), Net Carbohydrates: 49.19g (17.89%), Sugar: 12.51g (13.9%), Cholesterol: 97.14mg (32.38%), Sodium: 1354.69mg (58.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.47g (66.94%), Selenium: 44.78µg (63.97%), Vitamin C: 47.63mg (57.73%), Vitamin B3: 9.69mg (48.45%), Manganese: 0.94mg (47.08%), Phosphorus: 456.54mg (45.65%), Vitamin B6: 0.85mg (42.73%), Copper: 0.8mg (39.81%), Vitamin K: 41.57µg (39.59%), Vitamin B2: 0.62mg (36.38%), Vitamin B1: 0.52mg (34.92%), Potassium: 1189.84mg (34%), Iron: 5.9mg (32.79%), Calcium: 313.61mg (31.36%), Zinc: 4.69mg (31.24%), Fiber: 7.59g (30.34%), Magnesium: 97.29mg (24.32%), Vitamin A: 1213IU (24.26%), Vitamin B5: 2.37mg (23.73%), Vitamin E: 3.45mg (22.98%), Vitamin B12: 1.14µg (18.92%), Folate: 63.18µg (15.8%), Vitamin D: 1.53µg (10.18%)