



Light Baked Spaghetti

READY IN



75 min.

SERVINGS



6

CALORIES



317 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup torn basil leaves fresh
- 28 ounce canned tomatoes crushed canned
- 0.5 pound mild chicken sausage sweet italian
- 0.5 pound cremini mushrooms sliced
- 2 cloves garlic finely chopped
- 2 bell peppers diced green
- 0.3 teaspoon penzey's southwest seasoning italian
- 6 servings kosher salt
- 2 teaspoons olive oil extra-virgin

- 1 onion finely chopped
- 0.5 cup part-skim mozzarella cheese shredded
- 0.5 teaspoon lawry's seasoned salt
- 0.5 cup cheddar cheese shredded
- 6 ounces angel hair pasta whole-wheat

Equipment

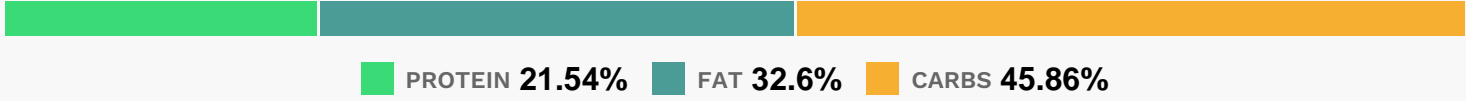
- frying pan
- oven
- pot
- casserole dish
- wooden spoon
- aluminum foil

Directions

- Bring a large pot of salted water to a boil.
- Add the pasta and cook according to the package directions; drain. Meanwhile, heat the olive oil in a large nonstick skillet over medium-high heat.
- Add the onion and cook, stirring frequently, until soft, about 5 minutes. Stir in the garlic and cook 2 minutes.
- Add the sausage and cook, breaking up the meat with a wooden spoon, until browned, about 5 minutes. Stir in the bell peppers, mushrooms, seasoned salt and Italian seasoning and cook, stirring frequently, until the vegetables are soft, about 4 minutes. Stir in the tomatoes, 3/4 cup water and the basil and bring to a boil. Reduce the heat to medium low and simmer until the sauce thickens slightly and the flavors are blended, about 15 minutes. Preheat the oven to 375 degrees F. Spray a 2-quart casserole dish with cooking spray.
- Add the pasta to the skillet and toss to combine with the sauce. Spoon half of the pasta mixture into the casserole dish.
- Sprinkle with half of each cheese. Spoon the remaining pasta mixture on top.
- Sprinkle with the remaining cheese and cover loosely with foil sprayed with cooking spray (do not let the foil touch the cheese).

- Bake until the cheese is melted and bubbly, 20 to 25 minutes.
- Let stand 5 minutes before serving.
- Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:3.39, Inflammation Score:-8, Nutrition Score:22.856956463793%

Flavonoids

Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 316.72kcal (15.84%), Fat: 12.28g (18.89%), Saturated Fat: 4.21g (26.33%), Carbohydrates: 38.85g (12.95%), Net Carbohydrates: 35.01g (12.73%), Sugar: 8.82g (9.8%), Cholesterol: 42.08mg (14.03%), Sodium: 1075.1mg (46.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.24g (36.49%), Manganese: 1.3mg (65.18%), Vitamin C: 46.98mg (56.95%), Selenium: 35.58µg (50.82%), Copper: 0.62mg (30.89%), Vitamin K: 28.33µg (26.98%), Phosphorus: 264.32mg (26.43%), Vitamin B3: 4.78mg (23.9%), Vitamin B2: 0.38mg (22.65%), Vitamin B6: 0.45mg (22.33%), Calcium: 221.34mg (22.13%), Potassium: 746.15mg (21.32%), Magnesium: 83.94mg (20.98%), Vitamin B1: 0.31mg (20.83%), Iron: 3.62mg (20.09%), Vitamin A: 916.76IU (18.34%), Fiber: 3.85g (15.39%), Zinc: 2.18mg (14.52%), Vitamin E: 2.13mg (14.21%), Folate: 56.02µg (14.01%), Vitamin B5: 1.34mg (13.37%), Vitamin B12: 0.21µg (3.57%)