



Pizza-Baked Spaghetti

READY IN



50 min.

SERVINGS



10

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb sausage meat italian
- 2 eggs beaten
- 10 servings basil fresh
- 0.3 cup parmesan shredded
- 6 oz pepperoni diced
- 28 oz tomato sauce
- 1 cup ricotta cheese
- 8 oz mozzarella cheese shredded
- 12 oz pasta like spaghetti uncooked

Equipment

- bowl
- frying pan
- oven
- baking pan
- dutch oven

Directions

- Heat oven to 350F. Spray 13x9-inch (3-quart) baking dish with cooking spray. In Dutch oven, cook and drain pasta as directed on package, using minimum cook time. Return spaghetti to Dutch oven.
- Meanwhile, in 10-inch skillet, cook sausage over medium heat until no longer pink; drain. In Dutch oven, toss spaghetti, sausage, pizza sauce and pepperoni.
- In medium bowl, mix ricotta cheese, Parmesan cheese and eggs. Spoon half of spaghetti mixture into baking dish. Dollop with ricotta mixture; spread evenly over top.
- Sprinkle with 1 cup of the mozzarella cheese. Top with remaining spaghetti mixture.
- Sprinkle with remaining 1 cup mozzarella cheese.
- Bake uncovered 30 to 35 minutes or until bubbly.
- Garnish with basil.

Nutrition Facts



Properties

Glycemic Index:29.4, Glycemic Load:12.01, Inflammation Score:-6, Nutrition Score:17.090000028196%

Nutrients (% of daily need)

Calories: 506.19kcal (25.31%), Fat: 30.66g (47.17%), Saturated Fat: 12.99g (81.19%), Carbohydrates: 31.29g (10.43%), Net Carbohydrates: 28.98g (10.54%), Sugar: 4.1g (4.56%), Cholesterol: 114.73mg (38.24%), Sodium: 1164.54mg (50.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.68g (51.37%), Selenium: 37.82µg (54.03%), Phosphorus: 334.99mg (33.5%), Manganese: 0.53mg (26.74%), Calcium: 239.37mg (23.94%), Vitamin B3: 4.43mg

(22.15%), Vitamin B12: 1.33µg (22.11%), Zinc: 3.22mg (21.5%), Vitamin B2: 0.34mg (19.79%), Vitamin B6: 0.37mg (18.33%), Vitamin A: 820.46IU (16.41%), Vitamin B1: 0.24mg (15.74%), Potassium: 535.1mg (15.29%), Iron: 2.37mg (13.18%), Copper: 0.26mg (12.89%), Magnesium: 50.42mg (12.6%), Vitamin K: 12.6µg (12%), Vitamin B5: 1.14mg (11.36%), Vitamin E: 1.63mg (10.85%), Fiber: 2.31g (9.25%), Vitamin D: 1.14µg (7.63%), Vitamin C: 6.23mg (7.56%), Folate: 24.86µg (6.22%)