



## Pizza-Baked Spaghetti

READY IN



50 min.

SERVINGS



10

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

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

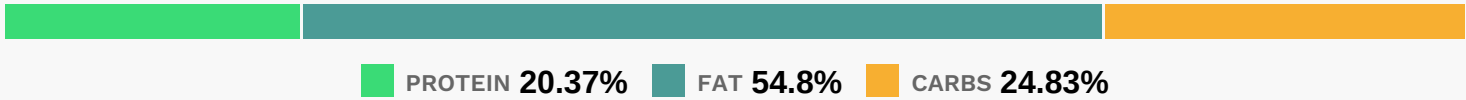
# Equipment

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

# Directions

- ☐ Heat oven to 350°F. 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, Inflammation Score:-6, Nutrition Score:16.526087076768%

# Nutrients (% of daily need)

Calories: 505.77kcal (25.29%), Fat: 30.65g (47.15%), Saturated Fat: 12.99g (81.19%), Carbohydrates: 31.24g (10.41%), Net Carbohydrates: 28.96g (10.53%), Sugar: 4.09g (4.55%), Cholesterol: 114.73mg (38.24%), Sodium: 1164.47mg (50.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.63g (51.25%), Selenium: 37.81µg (54.02%), Phosphorus: 333.98mg (33.4%), Manganese: 0.51mg (25.7%), Calcium: 236.19mg (23.62%), Vitamin B12: 1.33µg

(22.11%), Vitamin B3: 4.41mg (22.07%), Zinc: 3.21mg (21.4%), Vitamin B2: 0.34mg (19.71%), Vitamin B6: 0.36mg (18.19%), Vitamin B1: 0.24mg (15.69%), Potassium: 529.79mg (15.14%), Vitamin A: 725.51IU (14.51%), Iron: 2.32mg (12.87%), Copper: 0.25mg (12.54%), Magnesium: 49.26mg (12.32%), Vitamin B5: 1.13mg (11.33%), Vitamin E: 1.61mg (10.76%), Fiber: 2.28g (9.13%), Vitamin D: 1.14µg (7.63%), Vitamin C: 5.91mg (7.16%), Folate: 23.64µg (5.91%), Vitamin K: 5.13µg (4.89%)