



Pizza Spaghetti Casserole

READY IN



30 min.

SERVINGS



6

CALORIES



690 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb mild ground pork sausage
- ☐ 8 oz three-cheese blend shredded italian
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 teaspoon salt
- ☐ 12 ounces pasta like spaghetti uncooked
- ☐ 26 oz tomato-and-basil pasta sauce
- ☐ 2 ounces turkey pepperoni cut in half (30)

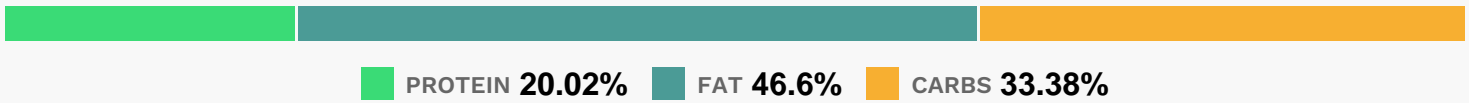
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Cook spaghetti with 1/2 tsp. salt according to package directions.
- ☐ Drain well, and place in a lightly greased 13- x 9-inch baking dish.
- ☐ Brown sausage in a large skillet over medium-high heat, stirring occasionally, 5 minutes or until meat crumbles and is no longer pink.
- ☐ Drain and set aside. Wipe skillet clean.
- ☐ Add pepperoni, and cook over medium-high heat, stirring occasionally, 4 minutes or until slightly crisp.
- ☐ Top spaghetti in baking dish with sausage; pour pasta sauce over sausage. Arrange half of pepperoni slices evenly over pasta sauce.
- ☐ Sprinkle evenly with cheeses. Arrange remaining half of pepperoni slices evenly over cheese. Cover with nonstick or lightly greased aluminum foil.
- ☐ Bake at 350 for 30 minutes; remove foil, and bake 10 more minutes or until cheese is melted and just begins to brown.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:17.02, Inflammation Score:-6, Nutrition Score:14.872173813374%

Nutrients (% of daily need)

Calories: 690.46kcal (34.52%), Fat: 35.57g (54.72%), Saturated Fat: 9.79g (61.17%), Carbohydrates: 57.31g (19.1%), Net Carbohydrates: 51.56g (18.75%), Sugar: 10.36g (11.51%), Cholesterol: 77.24mg (25.75%), Sodium: 1460.22mg (63.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.38g (68.76%), Selenium: 37.29µg (53.28%), Manganese: 0.53mg (26.39%), Phosphorus: 235.64mg (23.56%), Fiber: 5.75g (22.98%), Vitamin B3: 4.52mg (22.61%), Potassium: 757.17mg (21.63%), Zinc: 3.03mg (20.18%), Vitamin B1: 0.26mg (17.34%), Calcium: 173.03mg

(17.3%), Vitamin A: 834.46IU (16.69%), Vitamin B6: 0.32mg (15.76%), Iron: 2.56mg (14.25%), Copper: 0.23mg (11.72%), Vitamin B12: 0.7µg (11.65%), Magnesium: 45.97mg (11.49%), Vitamin B2: 0.14mg (8.27%), Vitamin C: 6.43mg (7.79%), Vitamin B5: 0.77mg (7.65%), Vitamin D: 1µg (6.69%), Folate: 11.59µg (2.9%), Vitamin E: 0.23mg (1.52%)