



Spaghetti Bake

READY IN



35 min.

SERVINGS



35

CALORIES



67 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 eggs beaten
- 0.5 lb sausage italian crumbled
- 0.3 cup parmesan cheese grated kraft
- 1.5 cups classico family favorites pasta sauce traditional
- 1.5 cups mozzarella cheese shredded divided kraft
- 0.5 lb pasta like spaghetti whole wheat uncooked

Equipment

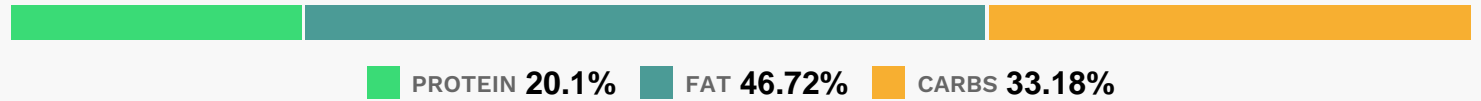
- bowl

- frying pan
- oven
- baking pan

Directions

- Heat oven to 375F.
- Cook spaghetti as directed on package, omitting salt. Meanwhile, brown sausage in medium skillet on medium heat; drain. Stir in sauce. Simmer on low heat 5 min., stirring occasionally.
- Drain spaghetti; place in large bowl.
- Add egg, 1 cup mozzarella and Parmesan; toss to coat.
- Place in 8-inch baking dish sprayed with cooking spray; top with sausage mixture and remaining mozzarella.
- Bake 15 min. or until heated through.
- Let stand 5 min. before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:2.86, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:3.0182609130507%

Nutrients (% of daily need)

Calories: 66.7kcal (3.33%), Fat: 3.54g (5.45%), Saturated Fat: 1.53g (9.58%), Carbohydrates: 5.66g (1.89%), Net Carbohydrates: 5.51g (2%), Sugar: 0.43g (0.48%), Cholesterol: 14.01mg (4.67%), Sodium: 142.04mg (6.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Selenium: 7.85µg (11.22%), Manganese: 0.22mg (10.77%), Phosphorus: 52.76mg (5.28%), Vitamin B1: 0.07mg (4.87%), Calcium: 36.49mg (3.65%), Magnesium: 13.11mg (3.28%), Vitamin B3: 0.65mg (3.27%), Zinc: 0.48mg (3.2%), Vitamin B12: 0.19µg (3.15%), Vitamin B2: 0.05mg (2.87%), Iron: 0.46mg (2.55%), Vitamin B6: 0.05mg (2.43%), Copper: 0.05mg (2.42%), Potassium: 68.21mg (1.95%), Vitamin A: 90.88IU (1.82%), Vitamin B5: 0.16mg (1.58%), Folate: 6.13µg (1.53%), Vitamin E: 0.18mg (1.18%), Vitamin C: 0.86mg (1.05%)