

Baked Spaghetti Casserole with Italian Sausage

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-spaghetti-casserole-recipe>

Ingredients:

- 1 pound spaghetti
- 1 pound sweet Italian sausage
- 1 small yellow onion finely chopped
- 2 cloves garlic minced
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 40 ounces marinara sauce
- 16 ounces ricotta cheese
- 1 whole egg
- 2 cups shredded mozzarella cheese
- 1/2 cup shredded Parmesan cheese
- chopped fresh parsley optional, for garnish

Nutrition:

1. Calories: 1270 calories
2. Carbohydrate: 134 grams
3. Cholesterol: 200 milligrams
4. Fat: 51 grams
5. Fiber: 12 grams
6. Protein: 69 grams
7. SaturatedFat: 25 grams
8. Sodium: 2750 milligrams
9. Sugar: 30 grams

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