

# Italian Spaghetti Bake

Yield: 16 min  
Total Time: 40 min

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

## Ingredients:

- 2 packages spaghetti one 16 ounces, one 8 ounces
- 1 1/2 pounds ground beef
- 1 green pepper large, chopped
- 1 onion medium, chopped
- 2 cans tomato sauce 15 ounces each
- 8 ounces pepperoni slices
- 8 ounces mushrooms stems and pieces, drained
- 3 3/4 ounces ripe olives sliced, drained
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon garlic salt
- 1/4 teaspoon pepper
- 4 cups part-skim mozzarella cheese shredded
- 1/2 cup grated Parmesan cheese

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 65 milligrams
4. Fat: 19 grams
5. Fiber: 1 grams
6. Protein: 20 grams
7. SaturatedFat: 8 grams
8. Sodium: 540 milligrams
9. Sugar: 1 grams
10. TransFat: 0.5 grams

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