

# Italian Spaghetti

Yield: 8 min

Total Time: 155 min

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

## Ingredients:

- 56 ounces crushed tomatoes
- 12 ounces tomato paste
- 1 cup water
- 1/4 cup onion grated
- 1 tablespoon garlic minced
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon brown sugar packed
- 1 tablespoon Italian seasoning
- 2 teaspoons dried rosemary
- 1 bay leaf
- 1 cup grated Parmesan cheese
- 16 ounces spaghetti
- 2 tablespoons parsley chopped

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 10 milligrams
4. Fat: 5 grams
5. Fiber: 8 grams
6. Protein: 18 grams
7. SaturatedFat: 2 grams
8. Sodium: 940 milligrams
9. Sugar: 8 grams

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