

Spaghetti Bake

Yield: 6 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/prego-italian-sausage-and-garlic-spaghetti-recipe>

Ingredients:

- 6 italian sausages mild, casing removed
- 1 onion chopped
- 3 cloves garlic minced
- 1/2 tablespoon dried basil
- 2 cups mushrooms sliced
- 28 ounces diced tomatoes
- 2 3/4 ounces tomato paste
- 1/4 teaspoon pepper
- 3 cups baby spinach roughly chopped
- 6 ounces spaghetti
- 1 tablespoon butter
- 1/4 cup flour
- 1 1/2 cups milk
- 1 1/2 cups mozzarella cheese shredded, divided
- 1/8 teaspoon salt
- 1/4 cup Parmesan cheese shredded

Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 120 milligrams
4. Fat: 46 grams
5. Fiber: 4 grams
6. Protein: 34 grams
7. SaturatedFat: 19 grams
8. Sodium: 1300 milligrams
9. Sugar: 12 grams

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