

# Cheesy Spaghetti Bake

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/spaghetti-and-sweet-italian-sausage-jar-alfredo-recipe>

## Ingredients:

- 8 ounces spaghetti uncooked, broken up
- 1 large egg
- 1/2 cup milk
- 1 teaspoon garlic salt
- 1 teaspoon sugar
- 1 teaspoon oregano
- 1 teaspoon basil
- 1/2 pound ground beef
- 1/2 pound italian sausage
- 14 ounces spaghetti sauce meatless
- 2 cups shredded mozzarella cheese
- fresh basil for garnish, optional

## Nutrition:

1. Calories: 830 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 185 milligrams
4. Fat: 45 grams
5. Fiber: 5 grams
6. Protein: 44 grams
7. SaturatedFat: 19 grams
8. Sodium: 1250 milligrams
9. Sugar: 14 grams
10. TransFat: 0.5 grams

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