

Baked Italian Sausage and Peppers

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-baked-italian-sausage-links>

Ingredients:

- 5 Italian sausage links
- 1 green pepper large
- 1 red pepper large
- 1 onion large
- 1 tablespoon olive oil
- 1 stick cooking spray

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 105 milligrams
4. Fat: 47 grams
5. Fiber: 2 grams
6. Protein: 21 grams
7. SaturatedFat: 16 grams
8. Sodium: 1040 milligrams
9. Sugar: 3 grams

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