

Easy Keto Baked Italian Sausage

Yield: 5 min
Total Time: 41 min

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

Ingredients:

- 2 italian sausage packs, 10 Sausages either hot or mild
- 1/2 cup water
- 25 1/2 ounces marinara sauce Low Carb, with no added sugar *see list below of sauce options
- 1 1/2 cups mozzarella cheese
- 1/4 cup Parmesan cheese
- 1/4 teaspoon italian seasonings
- 1/4 teaspoon garlic powder
- 1/2 teaspoon seasoning basil
- 1/8 pepper

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 65 milligrams
4. Fat: 27 grams
5. Fiber: 4 grams
6. Protein: 18 grams
7. SaturatedFat: 12 grams
8. Sodium: 1220 milligrams
9. Sugar: 13 grams

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