

Sheet Pan Italian Sausage & Peppers

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 1 package Italian sausage I used Applegate Sweet Italian Sausage, sugar free/Whole30 compliant - it came with 4 links in one pack
- 2 peppers any colors are fine!
- 1 medium onion
- 15 ounces diced tomatoes drained
- 1 cup sliced mushrooms optional
- 1/3 cup olive oil
- 1 1/2 teaspoons Italian seasoning
- 1/2 teaspoon red pepper flakes more or less to taste
- 1/2 teaspoon sea salt
- 1/2 teaspoon garlic powder
- 2 zucchini large, you can also use yellow squash or carrots

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 11 grams
3. Fat: 18 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 310 milligrams
8. Sugar: 8 grams

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