

One Pan Chicken Italian Sausage and Brussels Sprouts

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 tablespoon olive oil
- 12 ounces brussels sprouts stem removed and sliced in half
- 1 pound italian sausage chicken, crumbled
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1/4 cup chicken broth /stock

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 85 milligrams
4. Fat: 39 grams
5. Fiber: 3 grams
6. Protein: 19 grams
7. SaturatedFat: 13 grams
8. Sodium: 1150 milligrams
9. Sugar: 2 grams

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