

# Italian Egg Rolls

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-egg-rolls-recipe>

## Ingredients:

- 1 1/2 pounds ground sausage
- 2 tablespoons olive oil
- 1 cup red bell pepper diced
- 1 cup green bell pepper diced
- 1 cup diced onion
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1/2 cup marinara sauce
- 1 teaspoon crushed red pepper flakes
- 1/2 cup grated Parmesan cheese
- 8 pieces string cheese cut in half
- 1 package egg roll wrappers
- 1 egg beaten with a teaspoon of water
- vegetable oil for frying
- marinara sauce for dipping

## Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 190 milligrams
4. Fat: 65 grams
5. Fiber: 4 grams
6. Protein: 34 grams
7. SaturatedFat: 20 grams
8. Sodium: 2150 milligrams
9. Sugar: 10 grams

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