

# Italian Sausage Stromboli

Yield: 12 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/super-bowl-italian-stromboli-recipe>

## Ingredients:

- 1 sweet onion medium, finely diced
- 3 cloves garlic minced
- 1 pound spicy Italian sausage
- 1/2 cup pizza sauce plus add'l for dipping
- 2 cups shredded mozzarella cheese
- 1 pound pizza dough homemade
- 1 tablespoon butter or margarine, melted
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic salt
- 1/2 teaspoon italian seasoning
- 1 tablespoon grated Parmesan cheese

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 45 milligrams
4. Fat: 18 grams
5. Fiber: 2 grams
6. Protein: 13 grams
7. SaturatedFat: 8 grams
8. Sodium: 540 milligrams
9. Sugar: 2 grams
10. TransFat: 1 grams

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