

# Sausage & Crispy Brussel Sprout Flatbread

Yield: 4 min  
Total Time: 34 min

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

## Ingredients:

- 1 flatbread pre-made
- 2 sweet Italian sausage links
- 1/4 teaspoon fennel seeds
- 10 brussel sprouts leaves only
- 2 ounces peppers Sweet Drop, about 1/2 a jar
- 4 ounces goat cheese
- 1 teaspoon olive oil divided
- 1 clove garlic cut in half
- Parmesan cheese optional
- salt to taste
- pepper to taste

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 30 milligrams
4. Fat: 13 grams
5. Fiber: 5 grams
6. Protein: 14 grams
7. SaturatedFat: 8 grams
8. Sodium: 440 milligrams
9. Sugar: 1 grams

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