

Air Fryer Italian Sausage and Vegetables

Yield: 4 min
Total Time: 19 min

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

Ingredients:

- 4 Italian sausage spicy or sweet
- 1 small onion
- 1 bell pepper or 3 mini bell peppers
- 6 ounces mushrooms
- 4 sub rolls optional

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 90 milligrams
4. Fat: 38 grams
5. Fiber: 2 grams
6. Protein: 22 grams
7. SaturatedFat: 13 grams
8. Sodium: 1060 milligrams
9. Sugar: 4 grams

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