

# Italian Sausage, Potatoes, Peppers and Onions

Yield: 4 min  
Total Time: 70 min

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

## Ingredients:

- 4 large potatoes peeled and quartered, yellow or russet, about 2 pounds
- 3 tablespoons olive oil extra virgin, separated
- 4 cloves garlic coarsely chopped
- 2 onions medium, sliced
- 1 pinch red pepper flakes optional
- 4 Italian sausages cut into thirds
- 1 red pepper trimmed and sliced
- 1 yellow pepper trimmed and sliced
- 5 green onions sliced
- 1 1/2 teaspoons paprika
- salt
- pepper
- 4 tablespoons Italian flat leaf parsley fresh and finely chopped

## Nutrition:

1. Calories: 830 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 85 milligrams
4. Fat: 45 grams
5. Fiber: 11 grams
6. Protein: 25 grams
7. SaturatedFat: 14 grams
8. Sodium: 1050 milligrams
9. Sugar: 8 grams

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