

# Italian Sausage Stuffed Bell Peppers

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sausage-stuffed-bell-peppers-recipe>

## Ingredients:

- 6 bell peppers
- 1 package Johnsonville Italian Sausage with 5 links
- 1 cup cooked rice
- 1 cup chopped onion
- 1 cup chopped tomatoes finely
- 1/2 cup parsley
- 1/2 cup shredded cheese choice
- 1/2 cup shredded mozzarella cheese for topping
- salt
- pepper

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 25 milligrams
4. Fat: 8 grams
5. Fiber: 6 grams
6. Protein: 10 grams
7. SaturatedFat: 5 grams
8. Sodium: 380 milligrams
9. Sugar: 7 grams

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