

Italian Style Sausage and Peppers

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- sweet Italian sausages 5 mild
- 3 sweet peppers large, yellow, red, orange, seeded and chopped into bit size pieces
- 1 sweet onion large, chopped into large sections
- 1 head garlic peeled, lightly smashed
- 4 potatoes medium white, peeled, cut into wedges
- salt
- pepper
- 1 teaspoon italian seasoning or to taste
- 1/4 cup extra-virgin olive oil as needed

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 49 grams
3. Fat: 14 grams
4. Fiber: 8 grams
5. Protein: 6 grams
6. SaturatedFat: 2 grams
7. Sodium: 220 milligrams
8. Sugar: 10 grams

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