

# Italian Style Stir Fry

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-style-stir-fry-recipe>

## Ingredients:

- 1 package italian chicken sausage pre-cooked, 4-5 links, cut in 1" pieces
- 2 tablespoons olive oil divided
- 2 garlic cloves minced
- 2 cups broccoli florets fresh
- 1 bell pepper large, or 6 mini sweet peppers, sliced thin
- 1/2 teaspoon oregano
- salt
- pepper

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 6 grams
3. Fat: 6 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 190 milligrams
8. Sugar: 1 grams

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