

Spinach Sausage Stuffed Italian Sweet Frying Peppers

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sweet-frying-peppers-recipe>

Ingredients:

- 5 ounces baby spinach
- 2 slices white sandwich bread finely chopped
- 1/4 cup milk
- 1 large egg
- 2 tablespoons grated Parmigiano-Reggiano cheese freshly
- 2 tablespoons pine nuts
- 2 tablespoons chopped red onion
- 1 pound sausage casings sweet or hot Italian, removed
- salt
- freshly ground black pepper
- 8 Italian frying peppers small or 4 large, halved lengthwise and cored, stems left intact
- 1/4 cup extra virgin olive oil
- 1 cup tomato sauce canned
- 1 cup low sodium chicken broth
- 3 chunks fresh mozzarella cheese to poke here and there into the stuffed peppers

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 55 milligrams
4. Fat: 21 grams
5. Fiber: 5 grams
6. Protein: 8 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 620 milligrams
9. Sugar: 10 grams

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