

Italian Sausage, Onions and Peppers Skillet

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/keto-italian-sausage-link-recipe>

Ingredients:

- 2 teaspoons olive oil
- 1 1/4 pounds Italian sausage links fresh
- 1 cup white onion sliced
- 1 cup red onion sliced
- 1 red bell pepper sliced
- 1 yellow bell pepper sliced
- 1 orange bell pepper sliced
- 3 garlic cloves sliced
- 3/4 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon red pepper flakes
- 1/2 cup chicken broth you can use red wine as well if you are not on low-carb and Whole30 diets
- 1 tablespoon parsley
- 2 tablespoons basil freshly

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 110 milligrams
4. Fat: 47 grams
5. Fiber: 3 grams
6. Protein: 22 grams
7. SaturatedFat: 16 grams
8. Sodium: 1500 milligrams
9. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Italian Sausage, Onions and Peppers Skillet above. You can see more 18 keto italian sausage link recipe Unleash your inner chef! to get more great cooking ideas.