

Sheet Pan Italian Sausage Vegetable Bake

Yield: 8 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/mild-italian-sauce-and-potatoes-recipe>

Ingredients:

- 16 ounces italian sausage cut into thick coins
- 2 cups red potatoes diced
- 1 red bell pepper chopped
- 1 green bell pepper chopped
- 3 cups broccoli roughly chopped
- 1 1/2 cups zucchini cut into thick coins
- 2 tablespoons olive oil
- 1 tablespoon italian seasoning
- 2 teaspoons dried parsley
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1/2 teaspoon ground pepper

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 45 milligrams
4. Fat: 21 grams
5. Fiber: 3 grams
6. Protein: 10 grams
7. SaturatedFat: 7 grams
8. Sodium: 730 milligrams
9. Sugar: 3 grams

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