

# Sheet Pan Sweet Italian Sausage and Root Vegetables

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/nutcase-vegan-sweet-italian-sausage-recipe>

## Ingredients:

- 3 carrots sliced into circles
- 5 red skin potatoes medium, chopped
- 1 butternut squash small, peeled and chopped
- 1/4 cup maple syrup
- 2 tablespoons balsamic vinegar
- 1 1/2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon oregano
- 1 teaspoon parsley
- salt
- pepper

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 71 grams
3. Fiber: 9 grams
4. Protein: 6 grams
5. Sodium: 250 milligrams
6. Sugar: 20 grams

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