

Polish Sausage with Bacon and Broccoli

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-bacon-boczek-recipe>

Ingredients:

- 3 slices bacon thin sliced, cut into bite size pieces
- 1 bunch broccoli with florets cut into bite size pieces
- 2 sausage links polish, sliced into bite size pieces
- 1 square garlic LandOLakes Saute Express-, and Herb

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 20 milligrams
4. Fat: 13 grams
5. Fiber: 5 grams
6. Protein: 8 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 330 milligrams
9. Sugar: 3 grams

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