

# Hot Sausage Stuffed Banana Peppers

Yield: 4 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-banana-peppers-stuffed-with-italian-sausage>

## Ingredients:

- 6 banana peppers fresh
- 1 pound spicy Italian sausage ground
- 1/2 cup mozzarella cheese
- 1/2 cup tomato sauce
- 2 tablespoons water

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 100 milligrams
4. Fat: 39 grams
5. Fiber: 3 grams
6. Protein: 21 grams
7. SaturatedFat: 15 grams
8. Sodium: 1060 milligrams
9. Sugar: 4 grams

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