

Italian Sausage and Ricotta Stuffed Zucchini

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-grapes-and-italian-saugage-baked>

Ingredients:

- 12 ounces italian sausage casing removed
- 1/4 cup diced red onion
- 1/4 cup yellow pepper diced
- 1/2 cup grape tomatos, chopped
- 1 cup ricotta cheese
- 1 egg
- 3 zucchini large
- 1 tablespoon olive oil
- 1 cup panko bread crumbs
- 1/4 teaspoon granulated garlic
- 1/4 teaspoon dried basil
- salt
- pepper

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 150 milligrams
4. Fat: 39 grams
5. Fiber: 3 grams
6. Protein: 23 grams
7. SaturatedFat: 15 grams
8. Sodium: 910 milligrams
9. Sugar: 7 grams

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