

Italian Sausage Quiche

Yield: 12 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-sausage-quiche>

Ingredients:

- 2 pounds italian sausage turkey or pork
- 6 ounces roasted red peppers chopped
- 2 cups shredded sharp cheddar cheese
- 12 eggs beat
- black pepper to taste
- crushed red pepper to taste
- 1 jar pizza sauce without sugar

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 290 milligrams
4. Fat: 35 grams
5. Protein: 22 grams
6. SaturatedFat: 14 grams
7. Sodium: 930 milligrams
8. Sugar: 1 grams

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