

Eggplant Sausage Bake

Yield: 4 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-sausages-with-grapes>

Ingredients:

- 2 eggplant
- 3 Italian sausage Links, I used cheese and parsley, but you can use mild also
- 1 small onion
- 1 bulb fennel
- 1 1/4 cups tomato sauce
- 12 grape /cherry tomatoes halved
- 3 tablespoons parsley
- 3 tablespoons butter
- 3 tablespoons flour
- 1/2 cup chicken broth
- 1/2 cup milk
- 1/2 cup Parmesan grated
- 1/8 teaspoon pepper
- olive oil
- 1 pinch nutmeg

Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 100 milligrams
4. Fat: 47 grams
5. Fiber: 11 grams
6. Protein: 24 grams
7. SaturatedFat: 19 grams
8. Sodium: 1250 milligrams
9. Sugar: 18 grams

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