

Sweet Italian Sausages With Peppers & Onions

Yield: 6 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-using-sweet-italian-sausages>

Ingredients:

- 6 sweet Italian sausage Grilled
- 1 green bell pepper each: red, yellow, sometimes called "stop light" peppers, sliced
- 1 yellow onion large sweet, sliced
- 2 tablespoons olive oil
- 2 teaspoons tony chachere's seasoning
- 2 teaspoons oregano

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 35 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 18 grams
7. SaturatedFat: 4 grams
8. Sodium: 650 milligrams
9. Sugar: 1 grams

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