

Savory Pesto, Sausage & Spinach Turnovers

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-with-italian-sausage-and-spinach-without-pasta>

Ingredients:

- 2 small red potatoes peeled & diced
- 1 red bell pepper diced
- 1 yellow onion small, diced
- 7 ounces italian sausage minced
- 3 cups spinach
- 1/4 cup shredded mozzarella cheese
- 1/4 teaspoon salt
- 1/4 teaspoon red pepper cayenne
- 4 tablespoons basil pesto
- 7 ounces pie dough refrigerated
- 2 tablespoons water
- 1 large egg white lightly beaten
- 3 tablespoons grated Parmesan cheese

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 45 milligrams
4. Fat: 34 grams
5. Fiber: 4 grams
6. Protein: 17 grams
7. SaturatedFat: 11 grams
8. Sodium: 910 milligrams
9. Sugar: 3 grams

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