

# Italian Sausage Frittata

Yield: 6 min  
Total Time: 30 min

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

## Ingredients:

- 8 ounces frozen broccoli cauliflower and carrots, thawed
- 1 tablespoon water
- 19 3/4 ounces Johnsonville Italian Mild Sausage Links prepared according to package directions and coin-sliced
- 6 eggs beaten
- 1/2 teaspoon dried basil
- 1/4 cup shredded Parmesan cheese

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 285 milligrams
4. Fat: 35 grams
5. Protein: 21 grams
6. SaturatedFat: 12 grams
7. Sodium: 810 milligrams
8. Sugar: 1 grams

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