

# Italian Sausage and Peppers Stir Fry

Yield: 4 min  
Total Time: 15 min

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

## Ingredients:

- 1 tablespoon olive oil
- 1 pound Italian sausage loose
- 2 red bell pepper
- 4 ounces mozzarella cheese optional, can use more or less

## Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 110 milligrams
4. Fat: 45 grams
5. Fiber: 1 grams
6. Protein: 23 grams
7. SaturatedFat: 17 grams
8. Sodium: 1010 milligrams
9. Sugar: 3 grams

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