

Stuffed Italian Long Hot Peppers (Sausage and Cheese)

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/stuffed-italian-long-hot-peppers-recipe>

Ingredients:

- 6 hot peppers Italian long, washed, seeded, and cut in half, see notes for substitutions
- 1 pound pork Italian sausage, chicken, turkey or plant based
- 6 ounces provolone cheese diced
- 3 tablespoons Parmesan cheese
- 3 tablespoons dried breadcrumbs
- olive oil unchecked?
- salt
- pepper
- marinara sauce unchecked?, optional, for dipping
- chopped parsley unchecked?, or basil for garnish, optional

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 110 milligrams
4. Fat: 27 grams
5. Fiber: 3 grams
6. Protein: 40 grams
7. SaturatedFat: 11 grams
8. Sodium: 870 milligrams
9. Sugar: 7 grams

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