

Keto Italian Sausage, Peppers, and Onions

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 1 package roasted garlic Kielbassa, or your favorite sausage
- 1/4 cup olive oil
- 1 small onion sliced
- 1 bell pepper sliced
- 2 cloves garlic minced
- 1 tablespoon Italian seasoning
- 6 ounces crushed tomatoes

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 6 grams
3. Fat: 14 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. SaturatedFat: 2 grams
7. Sodium: 60 milligrams
8. Sugar: 1 grams

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