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## Italian Sausage with Fennel, Peppers, and Onions ♦•

Italian sausage with fennel, peppers, and onions is a classic Italian dish that is commonly enjoyed as a main course. It is made by sautéing Italian sausages with sliced fennel, bell peppers, and onions until they are tender and caramelized. The dish is full of flavor and is often served with crusty bread or pasta.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	italian sausages
250 g	fennel bulb
250 g	Bell peppers
250 g	Onions

<b>30 g</b>	olive oil
<b>5 g</b>	salt
<b>5 g</b>	pepper

## Directions

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### Step 1

Cut

Slice the fennel bulb, bell peppers, and onions.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

Stove

Heat olive oil in a large skillet over medium heat.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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### Step 3

Stove

Add the Italian sausages to the skillet and cook until browned.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 4

Remove the sausages from the skillet and set aside.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Stove

Add the sliced fennel, bell peppers, and onions to the skillet.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 6

Stove

Cook the vegetables until they are tender and caramelized.

**Prep Time:** 0 mins

**Cook Time:** 8 mins

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## Step 7

Slice the cooked sausages and add them back to the skillet.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 8

Stove

Season with salt and pepper, and cook for an additional 2 minutes.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 9

Serve hot with crusty bread or pasta.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 350 kcal

**Fat:** 25 g

**Protein:** 20 g

Carbohydrates: 10 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	60 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

# Recipe Attributes

## Cuisines

Italian

French

Mediterranean

Middle Eastern

## Kitchen Tools

Slow Cooker

Blender

Grill

## Nutritional Content

Low Calorie

## Course

Salads

Soups

## Cultural

Chinese New Year

## Demographics

Allergy Friendly

Diabetic Friendly

Heart Healthy

## Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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