



## Italian Chard Dressing

READY IN



45 min.

SERVINGS



12

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup celery finely chopped
- 1.5 teaspoons basil dried
- 0.3 teaspoon rosemary dried
- 0.3 teaspoon rubbed sage dried
- 0.8 lb bread french
- 1 garlic clove minced pressed
- 2 pounds sausages italian
- 2 cups nonfat milk
- 6 oz onion peeled chopped

- 1.5 cups parmesan cheese grated
- 1 cup parsley chopped
- 12 servings salt
- 20 oz swiss chard frozen thawed

## Equipment

- bowl
- frying pan
- oven
- aluminum foil

## Directions

- Cut bread into 1/2-inch slices.
- Place slices in a bowl and add milk.
- Mix gently with a spoon to saturate with milk and let stand about 30 minutes. Stir occasionally.
- Meanwhile, place a 10- to 12-inch frying pan over high heat. Squeeze sausages from casings into pan. Discard casings. Stir meat often to crumble and lightly brown, 10 to 15 minutes; discard fat.
- Add parsley, garlic, onion, and celery. Stir often until vegetables are lightly browned, 5 to 8 minutes.
- With your hands, squeeze bread slices to break them into tiny pieces.
- Add cooked meat mixture, cheese, basil, sage, and rosemary.
- Squeeze moisture from chard and add to bowl.
- Mix dressing and add salt to taste.
- Spoon into a shallow 3-quart (9- by 13-in.) casserole. For moist dressing, cover with foil; for crusty dressing, do not cover.
- Bake in a 325 to 350 oven (use temperature turkey requires) until hot (at least 150 in center) or lightly browned, about 50 minutes (1 hour if dressing is chilled).

## Nutrition Facts

PROTEIN 19.07% FAT 59.72% CARBS 21.21%

## Properties

Glycemic Index:30.4, Glycemic Load:12.85, Inflammation Score:-10, Nutrition Score:24.721739136654%

## Flavonoids

Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Apigenin: 10.89mg, Apigenin: 10.89mg, Apigenin: 10.89mg, Apigenin: 10.89mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

## Nutrients (% of daily need)

Calories: 422.9kcal (21.15%), Fat: 28.07g (43.18%), Saturated Fat: 10.66g (66.62%), Carbohydrates: 22.43g (7.48%), Net Carbohydrates: 20.52g (7.46%), Sugar: 4.6g (5.12%), Cholesterol: 69.56mg (23.19%), Sodium: 1260.09mg (54.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.16g (40.33%), Vitamin K: 478.05µg (455.29%), Vitamin A: 3522.71IU (70.45%), Selenium: 32.61µg (46.58%), Vitamin B1: 0.69mg (45.88%), Phosphorus: 290.54mg (29.05%), Vitamin C: 23.6mg (28.6%), Vitamin B2: 0.4mg (23.54%), Calcium: 232.12mg (23.21%), Manganese: 0.42mg (21.24%), Vitamin B3: 4.17mg (20.87%), Iron: 3.37mg (18.75%), Vitamin B6: 0.37mg (18.36%), Vitamin B12: 1.09µg (18.23%), Magnesium: 72.55mg (18.14%), Zinc: 2.64mg (17.59%), Potassium: 558.41mg (15.95%), Folate: 61.31µg (15.33%), Copper: 0.21mg (10.6%), Vitamin B5: 0.8mg (7.98%), Fiber: 1.91g (7.63%), Vitamin E: 1.08mg (7.21%), Vitamin D: 0.51µg (3.41%)