



Italian Chard Stuffing

READY IN



90 min.

SERVINGS



16

CALORIES



314 kcal

SIDE DISH

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 ground sausage italian
- 1.5 cups skim milk
- 1 medium onion chopped

- 1.5 cups parmesan cheese freshly grated
- 1 cup parsley chopped
- 16 servings salt
- 1.5 pounds swiss chard green ends trimmed coarsely chopped

Equipment

- bowl
- oven
- pot
- aluminum foil

Directions

- Cut bread into 1/2-in. slices.
- Place slices in a large bowl and add milk.
- Mix gently with a spoon to saturate with milk and let stand about 30 minutes. Stir occasionally.
- Meanwhile, place a 6- to 8-qt. pot over high heat. Squeeze sausages from casings into pot. Discard casings. Cook meat, stirring often to crumble, until lightly browned, 10 to 15 minutes; discard fat.
- Add parsley, garlic, onion, and celery. Cook, stirring often, until vegetables are lightly browned, 5 to 8 minutes.
- Add chard and 1/2 cup water and cook, stirring often, until wilted, about 5 minutes.
- With your hands, squeeze bread slices to break them into tiny pieces.
- Add cooked meat mixture, parmesan, basil, sage, and rosemary. Season with salt to taste.
- Preheat oven to 325 or 350 (use temperature turkey requires; see Note below). Spoon stuffing into a shallow 3-qt. (9- by 13-in.) casserole. For moist stuffing, cover with foil; for crusty stuffing, do not cover.
- Bake until hot (at least 150 in center) or lightly browned, at least 30 minutes.
- Make ahead: Up to 1 day ahead, make stuffing, put in casserole, cover, and chill. Allow about 1 hour to bake.

Note: For turkeys 10–13 lbs., oven/bbq temperature should be 350; for turkeys 14 lbs. and over, oven/bbq temperature should be 32

Nutrition Facts

PROTEIN 19% **FAT 60.21%** **CARBS 20.79%**

Properties

Glycemic Index:22.8, Glycemic Load:9.48, Inflammation Score:-9, Nutrition Score:20.14000001161%

Flavonoids

Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Apigenin: 8.17mg, Apigenin: 8.17mg, Apigenin: 8.17mg, Apigenin: 8.17mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 314.42kcal (15.72%), Fat: 21.05g (32.39%), Saturated Fat: 7.99g (49.94%), Carbohydrates: 16.36g (5.45%), Net Carbohydrates: 14.88g (5.41%), Sugar: 2.99g (3.32%), Cholesterol: 51.94mg (17.31%), Sodium: 1005.32mg (43.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.95g (29.89%), Vitamin K: 417.35µg (397.48%), Vitamin A: 3059.8IU (61.2%), Selenium: 24.35µg (34.78%), Vitamin B1: 0.51mg (34.2%), Vitamin C: 19.55mg (23.69%), Phosphorus: 211.89mg (21.19%), Vitamin B2: 0.3mg (17.38%), Manganese: 0.34mg (16.98%), Calcium: 166.77mg (16.68%), Vitamin B3: 3.15mg (15.73%), Iron: 2.65mg (14.73%), Magnesium: 58.86mg (14.72%), Vitamin B6: 0.27mg (13.67%), Zinc: 1.96mg (13.09%), Vitamin B12: 0.78µg (12.93%), Potassium: 427.41mg (12.21%), Folate: 46.11µg (11.53%), Copper: 0.17mg (8.5%), Vitamin E: 0.94mg (6.3%), Fiber: 1.48g (5.92%), Vitamin B5: 0.58mg (5.79%), Vitamin D: 0.3µg (2%)