



 **19%**  
HEALTH SCORE

## Sausage and Swiss Chard Strata

READY IN



70 min.

SERVINGS



8

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound ground sausage sweet italian
- 2 shallots finely chopped
- 1 pound swiss chard diced rinsed
- 1 serving coarse mustard
- 1 crusty baguette cut into ½-inch slices
- 2.5 cups milk whole
- 7 large eggs lightly beaten
- 3 ounces gruyere cheese shredded

## Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- wooden spoon
- aluminum foil

## Directions

- Preheat oven to 375 degrees.
- Heat a large skillet over medium-high.
- Add sausage and cook, breaking up meat with a wooden spoon, until browned, 5 minutes.
- Transfer sausage to a small bowl, leaving behind as much fat as possible.
- Add shallots and chard stems to skillet and cook over medium until shallots are translucent, 3 minutes.
- Add a little water to pan and cook, stirring and scraping up browned bits from skillet with spoon.
- Add chard leaves and cook, stirring occasionally, until wilted, 3 minutes. Season with salt and pepper.
- Spread half the sausage in a 9-by-13-inch baking dish and top with half the chard mixture. Top with bread, overlapping slices slightly. Top with remaining sausage and chard mixture. In a large bowl, whisk together milk and eggs, season with salt and pepper, and pour evenly over top. Firmly press on strata to submerge bread in egg mixture. Cover dish tightly with foil and let sit 10 minutes (or refrigerate up to overnight).
- Bake strata 45 minutes. Uncover, sprinkle with cheese, and bake until cheese melts and egg mixture is mostly absorbed and set in center, 6 to 10 minutes.
- Let cool 10 minutes before serving.

## Nutrition Facts



■ PROTEIN 21.16% ■ FAT 58.5% ■ CARBS 20.34%

## Properties

Glycemic Index:28.97, Glycemic Load:12.42, Inflammation Score:-10, Nutrition Score:27.396521692691%

## Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Kaempferol: 3.29mg, Kaempferol: 3.29mg, Kaempferol: 3.29mg, Kaempferol: 3.29mg Myricetin: 1.76mg, Myricetin: 1.76mg, Myricetin: 1.76mg, Myricetin: 1.76mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

## Nutrients (% of daily need)

Calories: 444.99kcal (22.25%), Fat: 28.79g (44.3%), Saturated Fat: 11.38g (71.1%), Carbohydrates: 22.52g (7.51%), Net Carbohydrates: 20.73g (7.54%), Sugar: 6.46g (7.18%), Cholesterol: 226.69mg (75.56%), Sodium: 902.99mg (39.26%), Alcohol: 0g (100%), Protein: 23.43g (46.86%), Vitamin K: 472.25µg (449.76%), Vitamin A: 3928.96IU (78.58%), Selenium: 36.66µg (52.37%), Vitamin B1: 0.6mg (39.87%), Phosphorus: 368.66mg (36.87%), Vitamin B2: 0.58mg (34.3%), Calcium: 300.3mg (30.03%), Vitamin B12: 1.49µg (24.79%), Vitamin C: 18.65mg (22.6%), Manganese: 0.42mg (21.17%), Vitamin B6: 0.41mg (20.51%), Magnesium: 81.83mg (20.46%), Iron: 3.64mg (20.2%), Zinc: 2.79mg (18.58%), Vitamin B3: 3.63mg (18.14%), Folate: 69.71µg (17.43%), Potassium: 602.26mg (17.21%), Vitamin B5: 1.54mg (15.4%), Vitamin D: 1.78µg (11.85%), Copper: 0.23mg (11.31%), Vitamin E: 1.69mg (11.29%), Fiber: 1.79g (7.16%)