



Swiss Chard, Sausage, Pasta, and Bean Casserole

READY IN



50 min.

SERVINGS



4

CALORIES



868 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons balsamic vinegar
- 1 tablespoon butter
- 15 ounce kidney beans rinsed drained canned
- 1 tablespoon chicken soup base
- 6 ounce feta cheese crumbled
- 16 ounce fusilli pasta
- 3 cloves garlic crushed
- 4 servings salt and ground pepper black to taste

- 7 ounce sausage italian
- 1 onion chopped
- 0.1 teaspoon pepper flakes red
- 1 teaspoon salt
- 1.5 bunches swiss chard sliced
- 1 tomatoes chopped
- 5 cups water

Equipment

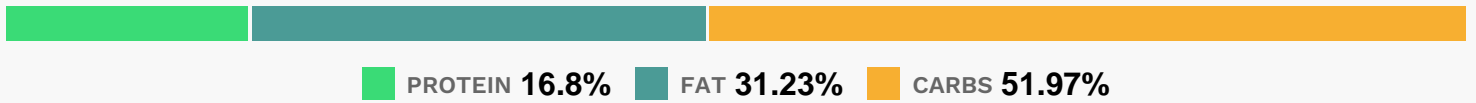
- frying pan
- oven
- baking pan
- broiler

Directions

- Preheat the oven to 375 degrees F (190 degrees C).
- Bring 1 teaspoon salt and water to a boil. Stir in the fusilli, and return to a boil. Cook the pasta uncovered, stirring occasionally for about 6 minutes.
- Stir Swiss chard stems and chicken bouillon granules into pasta and water. Continue cooking until pasta has cooked through but is still slightly firm, about 6 more minutes. Reserve 1 cup of the cooking liquid.
- Drain pasta and chard stems.
- Heat a large skillet over medium-high heat. Cook sausage links until evenly browned and no longer pink in the center.
- Transfer sausage to a plate and slice.
- Heat butter and red pepper flakes over medium heat in the skillet used to cook sausage; cook and stir onion and garlic in butter until tender and onion is translucent, about 5 minutes.
- Stir sliced Swiss chard leaves and balsamic vinegar into onion mixture and cook, stirring occasionally, until chard leaves are tender, about 5 minutes.

- Mix kidney beans and tomato into chard leaf and onion mixture; continue to cook for 3 more minutes.
- Stir pasta, chard stems, and 1/2 of the reserved cooking liquid into the vegetables. Season with salt and black pepper. If the sauce becomes too dry, add remaining cooking liquid.
- Transfer pasta mixture to a large baking dish.
- Arrange sliced sausage and crumbled feta cheese atop pasta, pressing the mixture down.
- Bake in the preheated oven until feta cheese begins to melt, about 15 minutes. Turn on the oven's broiler and broil until cheese is browned, 3 to 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:102, Glycemic Load:42.4, Inflammation Score:-10, Nutrition Score:44.142173969227%

Flavonoids

Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 6.74mg, Kaempferol: 6.74mg, Kaempferol: 6.74mg, Kaempferol: 6.74mg Myricetin: 3.57mg, Myricetin: 3.57mg, Myricetin: 3.57mg, Myricetin: 3.57mg Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg

Nutrients (% of daily need)

Calories: 868.33kcal (43.42%), Fat: 30.13g (46.35%), Saturated Fat: 13.54g (84.62%), Carbohydrates: 112.81g (37.6%), Net Carbohydrates: 100.82g (36.66%), Sugar: 9.65g (10.72%), Cholesterol: 83.24mg (27.75%), Sodium: 2289.03mg (99.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.48g (72.96%), Vitamin K: 942.04µg (897.18%), Vitamin A: 7423.42IU (148.47%), Selenium: 93.39µg (133.42%), Manganese: 1.94mg (96.87%), Phosphorus: 616.1mg (61.61%), Magnesium: 209.81mg (52.45%), Vitamin C: 42.56mg (51.58%), Fiber: 11.99g (47.98%), Vitamin B1: 0.64mg (42.48%), Vitamin B2: 0.71mg (41.52%), Copper: 0.83mg (41.3%), Vitamin B6: 0.77mg (38.75%), Calcium: 359.28mg (35.93%), Potassium: 1245.92mg (35.6%), Iron: 5.97mg (33.14%), Zinc: 4.95mg (32.98%), Vitamin B3: 5.21mg (26.04%), Folate: 91.82µg (22.96%), Vitamin B12: 1.18µg (19.66%), Vitamin E: 2.63mg (17.56%), Vitamin B5: 1.57mg (15.73%), Vitamin D: 0.17µg (1.13%)