

Frittata Bites with Chard, Sausage, and Feta

Yield: 20 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/creamy-polenta-italian-sausage-and-chard-recipe>

Ingredients:

- vegetable oil spray Nonstick
- 12 ounces Swiss chard stems and center ribs removed
- 1 tablespoon olive oil
- 1 cup chopped onion
- 8 ounces italian sausages mild, casings removed, sausage broken into 1-inch pieces
- 8 large eggs
- 1/4 cup heavy whipping cream
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper freshly
- 1 cup crumbled feta cheese about 4 1/2 ounces
- Italian parsley leaves Fresh

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 105 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 6 grams
7. SaturatedFat: 4 grams
8. Sodium: 290 milligrams
9. Sugar: 1 grams

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