

# Italian Sausage and Greens Stir Fry

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-sausage-and-greens>

## Ingredients:

- 1 bunch Swiss chard
- 1 tablespoon olive oil
- 2 cloves garlic cloves
- 1/8 teaspoon red chili flakes
- salt
- pepper
- 2 tablespoons pecorino or Parmesan freshly grated
- 1 pound Italian sausage Loose
- 4 ounces ricotta cheese

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 105 milligrams
4. Fat: 43 grams
5. Fiber: 2 grams
6. Protein: 22 grams
7. SaturatedFat: 16 grams
8. Sodium: 1260 milligrams
9. Sugar: 1 grams

---

Thank you for visiting our website. Hope you enjoy Italian Sausage and Greens Stir Fry above. You can see more 19 recipe for italian sausage and greens Dive into deliciousness! to get more great cooking ideas.