

# Swiss Chard, Ricotta & Sausage Torta

Yield: 6 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-ricotta-recipe>

## Ingredients:

- pastry
- double crust pie
- 1 bunch Swiss chard about 12 ounces
- 1 yellow onion chopped
- 3 tablespoons olive oil
- 1 pound italian sausages mild, hot, or a mix
- salt
- pepper
- 15 ounces part skim ricotta cheese container
- 3/4 cup grated Parmesan cheese
- 2 eggs

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 160 milligrams
4. Fat: 41 grams
5. Fiber: 2 grams
6. Protein: 27 grams
7. SaturatedFat: 15 grams
8. Sodium: 1110 milligrams
9. Sugar: 2 grams

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