



Baby Artichokes and Sausage Rigatoni

READY IN



45 min.

SERVINGS



8

CALORIES



565 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 pounds artichokes ()
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 head fennel bulb ()
- ☐ 2 teaspoons fennel seed
- ☐ 1 teaspoon garlic minced
- ☐ 1 pound sausages italian hot
- ☐ 1.5 cups onion chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 cup bell pepper red thinly sliced

- ☐ 1 pound rigatoni pasta dried
- ☐ 8 servings salt
- ☐ 1 cup vegetable broth
- ☐ 0.5 cup whipping cream

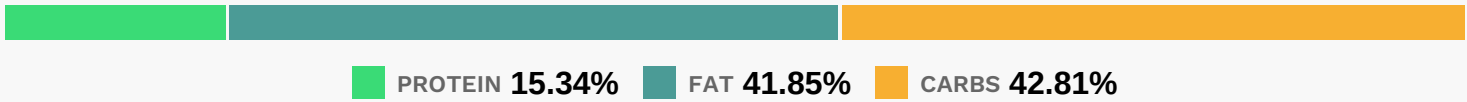
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Break off and discard artichoke leaves down to the pale green, tender inner leaves.
- ☐ Cut off and discard thorny tips. Trim bottoms. Quarter artichokes (they will discolor). Trim out and discard fuzzy centers. Rinse and drain artichokes.
- ☐ Trim and discard stems and any bruised portions from fennel. Rinse fennel and thinly slice crosswise.
- ☐ In a 5- to 6-quart pan over medium-high heat, frequently stir sausages, breaking up meat with spoon, until brown, about 10 minutes.
- ☐ Add artichokes, fennel, onion, fennel seed, garlic, and bell pepper to pan. Stir often until onion is limp, about 10 minutes.
- ☐ Pour wine, broth, and cream into pan. Bring to a boil over high heat, then reduce heat and simmer, stirring occasionally, until artichokes are tender when pierced, about 10 minutes.
- ☐ Meanwhile, cook pasta in 4 quarts boiling water until tender to bite, 10 to 12 minutes.
- ☐ Drain pasta, put in a serving bowl, and top with artichoke sauce.
- ☐ Offer cheese and salt to add to taste.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:20.18, Inflammation Score:-8, Nutrition Score:24.342608482941%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 10.69mg, Naringenin: 10.69mg, Naringenin: 10.69mg, Naringenin: 10.69mg Apigenin: 6.36mg, Apigenin: 6.36mg, Apigenin: 6.36mg, Apigenin: 6.36mg Luteolin: 2.08mg, Luteolin: 2.08mg, Luteolin: 2.08mg, Luteolin: 2.08mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg

Nutrients (% of daily need)

Calories: 565.35kcal (28.27%), Fat: 26.09g (40.14%), Saturated Fat: 11.02g (68.88%), Carbohydrates: 60.05g (20.02%), Net Carbohydrates: 51.63g (18.78%), Sugar: 6.4g (7.11%), Cholesterol: 65.34mg (21.78%), Sodium: 940.91mg (40.91%), Alcohol: 1.54g (100%), Alcohol %: 0.57% (100%), Protein: 21.52g (43.03%), Selenium: 53.14µg (75.92%), Vitamin C: 40.97mg (49.66%), Manganese: 0.95mg (47.42%), Phosphorus: 346.35mg (34.63%), Fiber: 8.42g (33.69%), Vitamin B1: 0.47mg (31.29%), Vitamin K: 32.69µg (31.14%), Magnesium: 105.98mg (26.49%), Folate: 95.87µg (23.97%), Vitamin B6: 0.48mg (23.9%), Potassium: 835.06mg (23.86%), Copper: 0.45mg (22.56%), Vitamin B3: 4.16mg (20.82%), Vitamin A: 970IU (19.4%), Zinc: 2.73mg (18.23%), Iron: 3.04mg (16.86%), Vitamin B2: 0.27mg (16.04%), Calcium: 155.27mg (15.53%), Vitamin B5: 1.05mg (10.52%), Vitamin B12: 0.62µg (10.4%), Vitamin E: 0.86mg (5.75%), Vitamin D: 0.27µg (1.8%)