



Bow Ties with Sausage and Broccoli Rabe

READY IN



24 min.

SERVINGS



6

CALORIES



652 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound farfalle pasta
- ☐ 1 lb broccoli rabe roughly chopped
- ☐ 4 cloves garlic minced
- ☐ 1 pound ground sausage sweet italian hot (or)
- ☐ 2 tablespoons olive oil
- ☐ 0.8 cup parmesan grated
- ☐ 6 servings salt and pepper

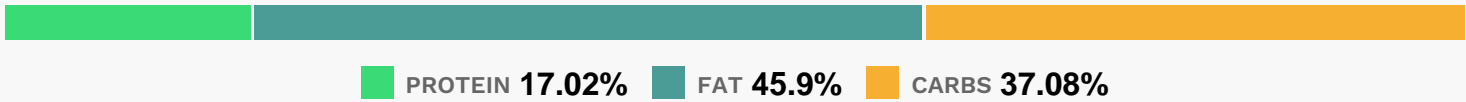
Equipment

- ☐ frying pan
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Bring a pot of salted water to a boil. Cook pasta until al dente, about 10minutes or as package label directs.
- ☐ Add broccoli rabe for the last 2 minutes of cooking time.
- ☐ While pasta is cooking, warm olive oil in a large skillet over medium heat.
- ☐ Add sausage and cook, breaking it up into small pieces with a wooden spoon, until brown and cooked through, 8 to 10 minutes.
- ☐ Add garlic and cook, stirring, until fragrant, about 2 minutes.
- ☐ Reserve 1 cup cooking liquid; drain pasta and broccoli rabe, add to skillet with 1/2 cup reserved water and toss well.
- ☐ Sprinkle Parmesan on top and toss to combine, adding more liquid if necessary to moisten. Season with salt and pepper.
- ☐ Serve, passing additional Parmesan, if desired.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:23.16, Inflammation Score:-9, Nutrition Score:28.699999992977%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 651.91kcal (32.6%), Fat: 33.1g (50.93%), Saturated Fat: 11.49g (71.81%), Carbohydrates: 60.16g (20.05%), Net Carbohydrates: 55.66g (20.24%), Sugar: 2.43g (2.7%), Cholesterol: 65.96mg (21.99%), Sodium: 976.58mg (42.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.62g (55.25%), Vitamin K: 172.47µg (164.26%), Selenium: 70.38µg (100.54%), Manganese: 1.07mg (53.61%), Vitamin B1: 0.63mg (41.92%), Vitamin A: 2080IU

(41.6%), Phosphorus: 395.23mg (39.52%), Calcium: 262.92mg (26.29%), Vitamin B6: 0.5mg (24.98%), Vitamin B3: 4.71mg (23.56%), Zinc: 3.37mg (22.46%), Vitamin C: 17.41mg (21.1%), Folate: 83.34µg (20.83%), Iron: 3.66mg (20.32%), Vitamin B2: 0.31mg (18.45%), Magnesium: 73.29mg (18.32%), Fiber: 4.5g (18.01%), Copper: 0.32mg (16.04%), Potassium: 527.63mg (15.08%), Vitamin B12: 0.84µg (13.97%), Vitamin E: 2.01mg (13.39%), Vitamin B5: 1.02mg (10.23%)