



Braised Broccoli with Turkey Sausage

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz broccoli florets rinsed drained
- ☐ 8 cherry tomatoes stemmed rinsed halved
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 teaspoons garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 8 oz onion peeled halved thinly sliced
- ☐ 1 oz parmesan cheese shredded
- ☐ 4 servings salt and pepper

☐ 8 turkey sausage patties

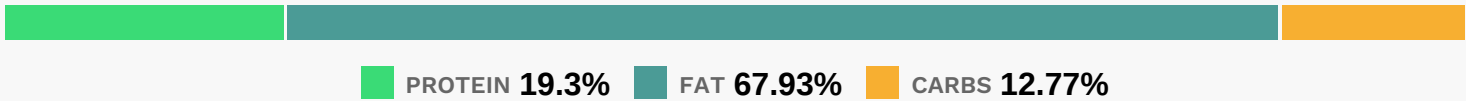
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In a 10- to 12-inch nonstick frying pan over medium-high heat, cook sausage patties in a single layer, turning once, until well browned on both sides and no longer pink in the center, about 8 minutes total.
- ☐ Transfer to paper towels to drain.
- ☐ Return pan to medium heat.
- ☐ Add oil, onion, and garlic and cook until onion is limp and starting to brown, 5 to 8 minutes.
- ☐ Add broccoli; cook 2 to 3 minutes.
- ☐ Add wine and sprinkle with salt and pepper. Cover and simmer, stirring occasionally, until broccoli is tender when pierced, 4 to 6 minutes.
- ☐ Gently stir in sausage and tomatoes and cook just until hot, about 1 minute.
- ☐ Sprinkle with parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:2.22, Inflammation Score:-8, Nutrition Score:17.978695662125%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 4.82mg, Kaempferol: 4.82mg, Kaempferol: 4.82mg, Kaempferol: 4.82mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg

0.08mg Quercetin: 13.63mg, Quercetin: 13.63mg, Quercetin: 13.63mg, Quercetin: 13.63mg

Nutrients (% of daily need)

Calories: 392.03kcal (19.6%), Fat: 28.19g (43.37%), Saturated Fat: 9.22g (57.61%), Carbohydrates: 11.93g (3.98%), Net Carbohydrates: 9.22g (3.35%), Sugar: 4.57g (5.08%), Cholesterol: 66.02mg (22.01%), Sodium: 874.47mg (38.02%), Alcohol: 3.09g (100%), Alcohol %: 1.42% (100%), Protein: 18.02g (36.04%), Vitamin C: 63.59mg (77.07%), Vitamin K: 61.72µg (58.79%), Vitamin B6: 0.49mg (24.71%), Phosphorus: 235.02mg (23.5%), Vitamin B3: 4.67mg (23.34%), Vitamin B1: 0.32mg (21.31%), Potassium: 580.78mg (16.59%), Zinc: 2.47mg (16.47%), Manganese: 0.29mg (14.71%), Calcium: 140.56mg (14.06%), Vitamin B12: 0.81µg (13.46%), Folate: 52.6µg (13.15%), Vitamin B2: 0.22mg (13.09%), Vitamin A: 639.87IU (12.8%), Fiber: 2.71g (10.83%), Vitamin B5: 1.06mg (10.63%), Iron: 1.89mg (10.52%), Magnesium: 39.04mg (9.76%), Vitamin E: 1.33mg (8.84%), Vitamin D: 1.14µg (7.6%), Copper: 0.14mg (6.98%), Selenium: 3.71µg (5.3%)