



WHATSheATE



Broccoli Rabe with Sweet Italian Sausage



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



8

CALORIES



412 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds broccoli rabe trimmed (3 medium bunches)
- ☐ 5 garlic clove chopped
- ☐ 1.5 pounds ground sausage sweet italian cut into 1-inch pieces
- ☐ 5 tablespoons olive oil extra virgin extra-virgin

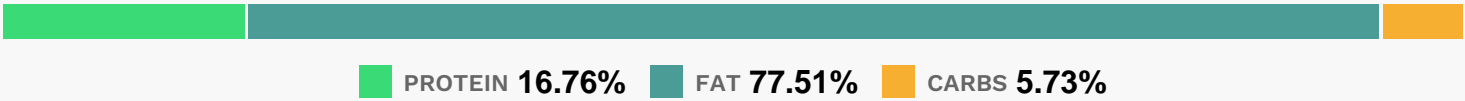
Equipment

- ☐ frying pan
- ☐ pot
- ☐ broiler

Directions

- ☐ Cut broccoli rabe into 3-inch-long pieces. Cook in a large pot of boiling salted water (3 tablespoons salt for 6 quarts water), uncovered, until tender, about 5 minutes.
- ☐ Drain, then rinse under cold water to stop cooking. Squeeze out excess water from handfuls of broccoli rabe.
- ☐ Meanwhile, preheat broiler.
- ☐ Broil sausage in a 4-sided sheet pan 3 to 4 inches from heat, turning occasionally, until cooked through, about 5 minutes. Keep warm, covered.
- ☐ While sausage broils, heat oil in a 12-inch heavy skillet over medium-high heat until it shimmers, then cook garlic, stirring, until fragrant but not browned, about 1 minute.
- ☐ Separate broccoli rabe, then sauté in garlic oil until coated with oil and heated through, about 4 minutes. Stir in sausage.
- ☐ Broccoli rabe can be cooked 1 day ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.41, Inflammation Score:-10, Nutrition Score:28.705217278522%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 411.83kcal (20.59%), Fat: 36.24g (55.75%), Saturated Fat: 10.94g (68.35%), Carbohydrates: 6.02g (2.01%), Net Carbohydrates: 1.39g (0.51%), Sugar: 0.67g (0.74%), Cholesterol: 64.64mg (21.55%), Sodium: 678.33mg (29.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.63g (35.26%), Vitamin K: 386.32µg (367.92%), Vitamin A: 4460.12IU (89.2%), Vitamin B1: 0.76mg (50.83%), Vitamin C: 36.65mg (44.42%), Manganese: 0.75mg (37.63%), Folate: 148.04µg (37.01%), Selenium: 23.06µg (32.94%), Vitamin B6: 0.57mg (28.46%), Vitamin E: 4.02mg (26.78%), Iron: 4.72mg (26.25%), Phosphorus: 247.81mg (24.78%), Vitamin B3: 4.85mg (24.26%), Vitamin B2: 0.36mg (21.43%), Calcium: 202.49mg (20.25%), Zinc: 2.85mg (19.03%), Fiber: 4.63g (18.53%), Potassium: 556.17mg (15.89%), Vitamin B12: 0.77µg (12.9%), Magnesium: 49.8mg (12.45%), Vitamin B5: 0.99mg (9.93%), Copper: 0.15mg

(7.25%)