



## Cavatelli with Broccoli Rabe

READY IN



30 min.

SERVINGS



6

CALORIES



886 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 teaspoon pepper black
- 1 bunch broccoli rabe rinsed cut into 2-inch pieces
- 2 pounds cavatelli pasta dried frozen
- 0.5 cup chicken broth
- 0.5 cup flat-leaf parsley leaves dried fresh rinsed
- 3 cloves garlic chopped
- 1 pound sausage italian hot
- 1 tablespoon olive oil
- 1 medium onion sliced

- 0.3 cup parmesan grated
- 1 teaspoon salt

## Equipment

- frying pan
- pot
- wooden spoon
- skimmer

## Directions

- Bring large pot of salted water to a boil.
- Add broccoli rabe; simmer 5 minutes. Using a skimmer, remove broccoli rabe and set aside. Return water to a boil, or discard and bring a fresh pot of salted water to a boil.
- Cook cavatelli following package directions.
- Drain.
- Meanwhile, heat olive oil in large skillet over medium-high heat.
- Add sausage and onion; cook 5 minutes or until no longer pink, breaking up sausage with wooden spoon.
- Add garlic and cooked broccoli rabe; cook 5 minutes.
- Add chicken broth and salt and pepper. Bring to a simmer.
- Add parsley and remove from heat.
- Pour sausage mixture over cooked pasta.
- Sprinkle with cheese and serve.

## Nutrition Facts



## Properties

Glycemic Index:41.67, Glycemic Load:46.17, Inflammation Score:-9, Nutrition Score:31.073478177838%

## Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

## **Nutrients (% of daily need)**

Calories: 885.96kcal (44.3%), Fat: 30.03g (46.2%), Saturated Fat: 10.22g (63.89%), Carbohydrates: 117.31g (39.1%), Net Carbohydrates: 110.92g (40.34%), Sugar: 5.14g (5.72%), Cholesterol: 61.62mg (20.54%), Sodium: 1127.21mg (49.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.25g (68.5%), Selenium: 116.32µg (166.18%), Vitamin K: 168.26µg (160.25%), Manganese: 1.66mg (82.88%), Phosphorus: 470.59mg (47.06%), Vitamin B1: 0.65mg (43.24%), Vitamin A: 1453.56IU (29.07%), Vitamin B3: 5.64mg (28.22%), Vitamin B6: 0.56mg (27.82%), Zinc: 4.05mg (26.97%), Copper: 0.54mg (26.92%), Magnesium: 106.51mg (26.63%), Fiber: 6.38g (25.54%), Iron: 4.12mg (22.9%), Vitamin C: 17.6mg (21.33%), Potassium: 672.59mg (19.22%), Folate: 76.06µg (19.01%), Vitamin B2: 0.31mg (18.12%), Calcium: 167.06mg (16.71%), Vitamin B12: 0.76µg (12.64%), Vitamin B5: 1.24mg (12.38%), Vitamin E: 1.18mg (7.84%)