

# MATTERS

A Guide to Conscious Eating®



## Cook the Book: Orchiette with Broccoli Rabe

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 servings pepper black freshly ground
- 1 pound broccoli rabe trimmed cut into pieces
- 1 teaspoon fennel seeds
- 1 tablespoon garlic chopped to taste
- 0.3 cup olive oil as needed
- 0.5 cup parmesan cheese freshly grated
- 0.3 teaspoon pepper red to taste
- 4 servings salt

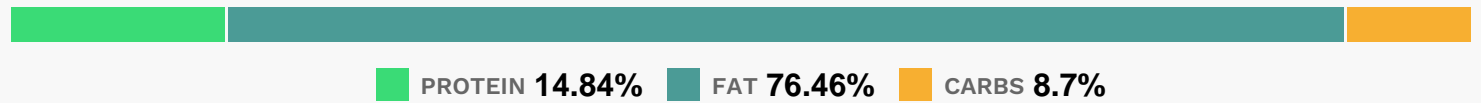
- 0.3 pound ground sausage sweet italian (if using link sausage, tablespoon it from the casing or cut it up a bit)
- 0.5 cup wine
- 0.5 pound frangelico dried whole wheat
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## Equipment

## Directions

- Cook the pasta in the boiling water for about 5 minutes before checking the first time. When the pasta is just tender, but not quite done, drain it, reserving about a cup of the cooking water. Toss the pasta with the sauce, along with some of the pasta water to keep the pasta from drying out. Taste and adjust the seasoning.
- Serve immediately, with the Parmesan, if you desire.

## Nutrition Facts



## Properties

Glycemic Index:34.25, Glycemic Load:0.42, Inflammation Score:-9, Nutrition Score:21.119565234236%

## 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

## Nutrients (% of daily need)

Calories: 324.91kcal (16.25%), Fat: 26.54g (40.84%), Saturated Fat: 7.1g (44.36%), Carbohydrates: 6.8g (2.27%), Net Carbohydrates: 3.42g (1.25%), Sugar: 0.76g (0.84%), Cholesterol: 32.42mg (10.81%), Sodium: 661.82mg (28.77%), Alcohol: 3.09g (100%), Alcohol %: 1.95% (100%), Protein: 11.59g (23.18%), Vitamin K: 262.8µg (250.29%), Vitamin A: 3119.89IU (62.4%), Manganese: 0.59mg (29.58%), Vitamin C: 24.2mg (29.34%), Vitamin E: 3.9mg (25.97%), Calcium:

251.48mg (25.15%), Folate: 97.55µg (24.39%), Vitamin B1: 0.36mg (23.74%), Phosphorus: 213.71mg (21.37%), Selenium: 12.88µg (18.41%), Iron: 3.13mg (17.41%), Vitamin B6: 0.33mg (16.71%), Vitamin B2: 0.25mg (14.52%), Fiber: 3.37g (13.49%), Zinc: 2.01mg (13.38%), Vitamin B3: 2.41mg (12.03%), Potassium: 358.72mg (10.25%), Magnesium: 39.08mg (9.77%), Vitamin B12: 0.43µg (7.11%), Vitamin B5: 0.58mg (5.78%), Copper: 0.09mg (4.53%)