



WHATSHEATE



HEALTH SCORE

66%

Country-Style Rigatoni



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



874 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups chicken broth low-sodium homemade canned
- ☐ 1 tablespoon cooking oil
- ☐ 2 quarts endive
- ☐ 3 cloves garlic minced
- ☐ 0.3 teaspoon pepper black
- ☐ 1 pound ground sausage italian hot
- ☐ 0.3 cup parmesan grated plus more for serving
- ☐ 0.8 pound rigatoni

☐ 0.5 teaspoon salt

Equipment

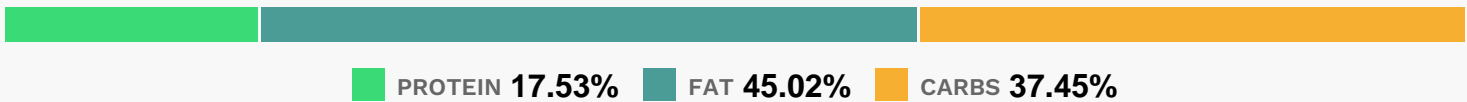
☐ frying pan

☐ pot

Directions

- ☐ In a large deep frying pan, heat the oil over moderate heat.
- ☐ Add the sausage and cook, turning, until browned and cooked through, about 10 minutes.
- ☐ Remove. When the sausage is cool enough to handle, cut it into slices.
- ☐ Put the garlic and the broth in the pan and bring to a simmer.
- ☐ Add the escarole, cover, and simmer for 5 minutes. Gently stir in the sausage, beans, Parmesan, salt, and pepper and simmer 1 minute longer.
- ☐ Meanwhile, in a large pot of boiling, salted water, cook the pasta until just done, about 14 minutes.
- ☐ Drain and toss with the sauce.
- ☐ Serve with additional Parmesan.
- ☐ Best Beans: Many canned beans are overcooked during processing to the point of mush. We find, though, that the Goya company consistently delivers a nice firm bean that holds up to reheating without falling apart.
- ☐ Wine Recommendation: This simple country-style pasta will be right at home with a rustic red from Italy. Go for a flavor-packed but surprisingly inexpensive Salice Salentino from Apulia, the hot, sunny heel of Italy's boot.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:26.57, Inflammation Score:-10, Nutrition Score:52.518261091865%

Flavonoids

Kaempferol: 47.8mg, Kaempferol: 47.8mg, Kaempferol: 47.8mg, Kaempferol: 47.8mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 874.48kcal (43.72%), Fat: 44.13g (67.9%), Saturated Fat: 15.08g (94.27%), Carbohydrates: 82.6g (27.53%), Net Carbohydrates: 65.13g (23.69%), Sugar: 3.7g (4.11%), Cholesterol: 91.85mg (30.62%), Sodium: 1398.13mg (60.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.66g (77.32%), Vitamin K: 1096µg (1043.81%), Vitamin A: 10319.7IU (206.39%), Folate: 696.96µg (174.24%), Manganese: 2.89mg (144.45%), Selenium: 85.02µg (121.46%), Vitamin B1: 1.11mg (73.8%), Fiber: 17.47g (69.88%), Potassium: 2082.22mg (59.49%), Phosphorus: 551.13mg (55.11%), Vitamin B5: 5.26mg (52.56%), Zinc: 7.34mg (48.95%), Copper: 0.88mg (43.82%), Vitamin B3: 8.68mg (43.4%), Vitamin C: 33.73mg (40.88%), Calcium: 392.52mg (39.25%), Vitamin B2: 0.66mg (38.95%), Iron: 6.74mg (37.44%), Magnesium: 137.56mg (34.39%), Vitamin B6: 0.6mg (30.16%), Vitamin B12: 1.25µg (20.83%), Vitamin E: 2.81mg (18.73%)