



Farfalle with Turkey Sausage, Leeks, and Broccoli Rabe

READY IN



45 min.

SERVINGS



8

CALORIES



261 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 pound broccoli rabe cut into 4-inch pieces 1 bunch rapini
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 8 ounces farfalle pasta uncooked bow tie pasta
- ☐ 0.5 cup ricotta cheese fat-free
- ☐ 2 garlic cloves thinly sliced
- ☐ 1 pound turkey sausage italian
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 cups leek thinly sliced 2 large

- ☐ 0.5 teaspoon lemon rind grated
- ☐ 1 tablespoon olive oil
- ☐ 1 ounce parmigiano-reggiano cheese fresh grated

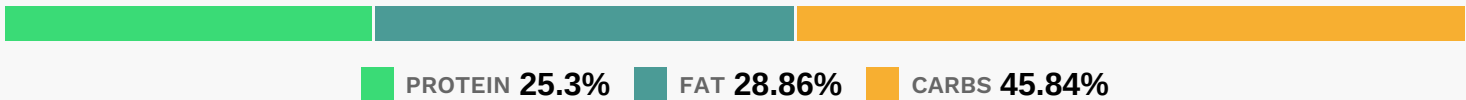
Equipment

- ☐ frying pan
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Cook broccoli rabe in boiling water in a large Dutch oven 2 minutes or until wilted.
- ☐ Remove broccoli rabe with a slotted spoon. Rinse under cold water; drain. Reserve 3/4 cup cooking liquid.
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add leek to pan; cook 2 minutes or until wilted, stirring occasionally. Stir in pepper and garlic; cook 2 minutes, stirring occasionally. Increase heat to medium-high.
- ☐ Remove casings from sausage.
- ☐ Add sausage to pan; saute 4 minutes, stirring to crumble.
- ☐ Add 1/2 cup reserved cooking liquid; cook 5 minutes or until sausage is done.
- ☐ Add remaining 1/4 cup reserved cooking liquid, broccoli rabe, pasta, and rind to pan; toss to combine. Cook 5 minutes or until thoroughly heated.
- ☐ Remove from heat; stir in cheeses and salt.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:9.51, Inflammation Score:-8, Nutrition Score:20.39260877183%

Flavonoids

Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 260.88kcal (13.04%), Fat: 8.35g (12.85%), Saturated Fat: 2.88g (17.99%), Carbohydrates: 29.85g (9.95%), Net Carbohydrates: 26.81g (9.75%), Sugar: 4.14g (4.6%), Cholesterol: 34.92mg (11.64%), Sodium: 694.16mg (30.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.48g (32.95%), Vitamin K: 107µg (101.9%), Selenium: 32.08µg (45.83%), Iron: 7.26mg (40.35%), Vitamin C: 28.89mg (35.02%), Vitamin A: 1632.41IU (32.65%), Manganese: 0.59mg (29.4%), Phosphorus: 223.43mg (22.34%), Vitamin B6: 0.4mg (19.81%), Vitamin B3: 3.2mg (16.02%), Folate: 59.5µg (14.87%), Calcium: 145.47mg (14.55%), Zinc: 2.07mg (13.82%), Fiber: 3.04g (12.15%), Magnesium: 46.74mg (11.68%), Vitamin B2: 0.19mg (11.21%), Vitamin B1: 0.15mg (10.09%), Copper: 0.19mg (9.71%), Potassium: 307.25mg (8.78%), Vitamin E: 1.23mg (8.22%), Vitamin B5: 0.76mg (7.64%), Vitamin B12: 0.29µg (4.77%)