



HEALTH SCORE

61%

## Italian Sausages with Broccoli Rabe and Polenta



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



1136 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 basil
- ☐ 12 ounce broccoli rabe trimmed
- ☐ 2 large garlic clove minced
- ☐ 1 cup chicken broth canned
- ☐ 4 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 cup parmesan cheese grated
- ☐ 4 ground sausage sweet italian

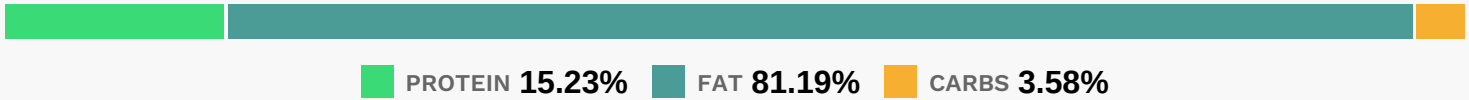
# Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ potato masher
- ☐ aluminum foil

# Directions

- ☐ Heat 2 tablespoons extra-virgin olive oil in heavy large skillet over medium heat.
- ☐ Add sausages. Cover skillet and cook until sausages are brown and cooked through, about 8 minutes per side.
- ☐ Transfer sausages to plate; tent with foil to keep warm.
- ☐ Add garlic to drippings in same skillet and stir 30 seconds.
- ☐ Add broccoli rabe and 1/2 cup broth. Cover skillet and cook until broccoli rabe is crisp-tender, about 8 minutes.
- ☐ Meanwhile, heat 2 tablespoons oil in heavy large saucepan over medium heat.
- ☐ Add polenta; mash with potato masher until smooth.
- ☐ Mix in remaining 1/2 cup broth and cheese. Simmer until polenta is warmed through, about 5 minutes. Season polenta with salt and pepper.
- ☐ Spoon polenta onto 2 plates. Top with sausages and broccoli rabe.

# Nutrition Facts



# Properties

Glycemic Index:80, Glycemic Load:0.77, Inflammation Score:-10, Nutrition Score:43.987826219072%

# Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.88mg,

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Nutrients (% of daily need)

Calories: 1135.98kcal (56.8%), Fat: 103.24g (158.83%), Saturated Fat: 31.4g (196.26%), Carbohydrates: 10.27g (3.42%), Net Carbohydrates: 5.61g (2.04%), Sugar: 0.84g (0.93%), Cholesterol: 181.12mg (60.37%), Sodium: 1948.8mg (84.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.57g (87.13%), Vitamin K: 398.55µg (379.57%), Vitamin B1: 1.56mg (103.82%), Vitamin A: 4573.62IU (91.47%), Selenium: 62.05µg (88.65%), Phosphorus: 561.55mg (56.15%), Vitamin B3: 11mg (55.02%), Vitamin B6: 1.02mg (51.11%), Vitamin C: 39.79mg (48.23%), Vitamin E: 6.85mg (45.7%), Manganese: 0.86mg (43.19%), Zinc: 6.01mg (40.09%), Folate: 160.01µg (40%), Vitamin B2: 0.68mg (39.86%), Vitamin B12: 2.33µg (38.75%), Iron: 6.8mg (37.77%), Calcium: 345.13mg (34.51%), Potassium: 1037.2mg (29.63%), Magnesium: 75.15mg (18.79%), Fiber: 4.66g (18.63%), Vitamin B5: 1.75mg (17.49%), Copper: 0.33mg (16.26%)