



Orecchiette with Broiled Feta, Peppers and Sausage

READY IN



45 min.

SERVINGS



12

CALORIES



633 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 pints cherry tomatoes halved
- 0.8 pound feta sliced
- 0.3 cup mint leaves thinly sliced
- 0.5 cup olive oil extra-virgin
- 2 pounds orecchiette dried
- 2.5 tablespoons oregano chopped
- 2 large bell peppers red
- 12 servings salt and pepper freshly ground

- 2 pounds sausages sweet hot

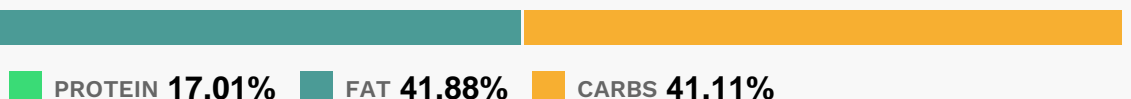
Equipment

- bowl
- pot
- aluminum foil
- broiler
- ziploc bags
- cutting board

Directions

- In a large bowl, toss the tomatoes with 7 tablespoons of the olive oil, the mint and 2 tablespoons of the oregano; season with salt and pepper.
- Let stand at room temperature for up to 2 hours. Preheat the broiler. Roast the peppers under the broiler, turning, until charred.
- Transfer to a plastic bag and let steam for 15 minutes. Peel the peppers, discarding the cores, ribs and seeds; cut the peppers into 1/4 -inch strips.
- Brush the feta with the remaining 1 tablespoon of oil, sprinkle with pepper and the remaining 1 1/2 teaspoons of oregano and broil until golden on both sides.
- Broil the sausages, turning, until cooked through.
- Transfer to a cutting board and cover with foil.
- Cook the pasta in a stockpot of boiling salted water until al dente.
- Drain well, reserving 1 cup of the cooking water.
- Add the pasta to the tomatoes; add the pepper strips. Slice the sausage, crumble the feta and toss both with the pasta; add some of the cooking water if the pasta seems dry. Season with salt and pepper and serve immediately.
- Wine Recommendation: An aromatic Pinot Gris

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:23.35, Inflammation Score:-9, Nutrition Score:26.110869511314%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 633.36kcal (31.67%), Fat: 29.36g (45.17%), Saturated Fat: 10.93g (68.32%), Carbohydrates: 64.85g (21.62%), Net Carbohydrates: 60.48g (21.99%), Sugar: 6.15g (6.84%), Cholesterol: 79.66mg (26.55%), Sodium: 1017.11mg (44.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.83g (53.65%), Vitamin C: 62.91mg (76.25%), Selenium: 52.7µg (75.28%), Manganese: 0.93mg (46.35%), Phosphorus: 383.16mg (38.32%), Vitamin A: 1681.42IU (33.63%), Vitamin B6: 0.64mg (32.22%), Vitamin B3: 6.09mg (30.44%), Vitamin B2: 0.43mg (25.58%), Zinc: 3.8mg (25.33%), Vitamin B1: 0.38mg (25.32%), Potassium: 709.5mg (20.27%), Calcium: 197.18mg (19.72%), Copper: 0.38mg (19.08%), Iron: 3.39mg (18.81%), Vitamin B12: 1.12µg (18.69%), Magnesium: 73.78mg (18.45%), Fiber: 4.36g (17.46%), Folate: 55.28µg (13.82%), Vitamin B5: 1.36mg (13.6%), Vitamin K: 13.1µg (12.48%), Vitamin E: 1.82mg (12.14%), Vitamin D: 1.1µg (7.31%)