



## Orecchiette with Roasted Fennel and Sausage

READY IN



80 min.

SERVINGS



3

CALORIES



595 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon capers rinsed drained
- 2 small bulbs fennel trimmed cut into 3/4-inch pieces
- 2 tablespoons flat-leaf parsley fresh italian chopped
- 2 cloves garlic minced smashed
- 0.5 teaspoon kosher salt
- 8 oil-packed sun-dried tomatoes drained chopped
- 2 tablespoons olive oil extra-virgin
- 1 small onion chopped

- 2.5 cups orecchiette pasta
- 0.5 cup parmesan grated
- 4 ounce spicy sausage link italian
- 2 tablespoons white wine such as pinot grigio

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- pot
- wooden spoon

## Directions

- Watch how to make this recipe.
- Place an oven rack in the center of the oven and preheat to 400 degrees F. Spray a small baking sheet with vegetable oil cooking spray.
- Toss the fennel, oil, salt and pepper in a medium bowl. Arrange the fennel in a single layer on the baking sheet. Roast until golden and tender, about 30 minutes. Set aside to cool.
- For the pasta: Bring a large pot of salted water to a boil over high heat.
- Add the pasta and cook until tender but still firm to the bite, stirring occasionally, 8 to 10 minutes.
- Drain and reserve about 1 cup of the pasta water.
- Heat the oil over medium-high heat in a large skillet.
- Add the sausage and break into 1/2-inch pieces using a wooden spoon. Cook until golden and cooked through, about 6 minutes.
- Add the onion, salt and pepper. Cook, stirring occasionally, until soft, about 5 minutes.
- Add the garlic and wine and scrape up the brown bits that cling to the bottom of the pan with a wooden spoon. Cook until all of the wine has evaporated, about 1 minute.
- Add the tomatoes, parsley and capers. Cook for 30 seconds.

Add the pasta, fennel and cheese. Toss until all ingredients are coated, adding the reserved pasta water as needed, to loosen the pasta.

## Nutrition Facts



**PROTEIN 15.27%** **FAT 40.85%** **CARBS 43.88%**

### Properties

Glycemic Index:97.67, Glycemic Load:23.33, Inflammation Score:-8, Nutrition Score:26.958695766718%

### Flavonoids

Eriodictyol: 1.68mg, Eriodictyol: 1.68mg, Eriodictyol: 1.68mg, Eriodictyol: 1.68mg Apigenin: 5.76mg, Apigenin: 5.76mg, Apigenin: 5.76mg, Apigenin: 5.76mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg

### Nutrients (% of daily need)

Calories: 594.65kcal (29.73%), Fat: 26.96g (41.48%), Saturated Fat: 8.64g (53.99%), Carbohydrates: 65.17g (21.72%), Net Carbohydrates: 57.09g (20.76%), Sugar: 10.97g (12.19%), Cholesterol: 40.06mg (13.35%), Sodium: 1042.92mg (45.34%), Alcohol: 1.05g (100%), Alcohol %: 0.41% (100%), Protein: 22.68g (45.37%), Vitamin K: 150.52µg (143.36%), Selenium: 54.43µg (77.76%), Manganese: 1.09mg (54.27%), Phosphorus: 396.16mg (39.62%), Vitamin C: 27.49mg (33.32%), Potassium: 1138.63mg (32.53%), Fiber: 8.08g (32.33%), Calcium: 313.57mg (31.36%), Vitamin B1: 0.34mg (22.57%), Magnesium: 87.3mg (21.82%), Copper: 0.42mg (20.95%), Vitamin B3: 3.9mg (19.5%), Iron: 3.35mg (18.61%), Vitamin B6: 0.36mg (18.21%), Folate: 69.92µg (17.48%), Zinc: 2.53mg (16.87%), Vitamin E: 2.39mg (15.92%), Vitamin B2: 0.24mg (14.39%), Vitamin A: 612.94IU (12.26%), Vitamin B5: 1.06mg (10.65%), Vitamin B12: 0.54µg (9.07%)