



Orecchiette with Sausage and Broccoli Rabe

READY IN



30 min.

SERVINGS



4

CALORIES



552 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 bunch broccoli rabe ends trimmed chopped
- 1 garlic clove minced
- 0.3 tsp kosher salt
- 1 tablespoon olive oil
- 8 ounces orecchiette pasta
- 4 servings parmesan cheese
- 0.5 teaspoon pepper
- 8 ounces sausages italian-style
- 1 shallots chopped

3 tablespoons sherry vinegar

Equipment

frying pan

pot

Directions

- Cook pasta as package directs. Meanwhile, in a large frying pan over medium-high heat, brown sausages in oil, stirring to break up, about 5 minutes.
- Add shallot and garlic and cook until fragrant, about 1 minute.
- Pour in vinegar and scrape pan to loosen browned bits.
- Add broccoli rabe, sprinkle with 1/4 tsp. salt and the pepper, and cook, covered, until bright green and tender-crisp, about 2 minutes.
- Drain pasta, reserving 1/2 cup cooking water. Return pasta to pot along with sausage mixture.
- Add a little reserved water if pasta seems dry. Season with salt to taste and serve with parmesan.

Nutrition Facts



PROTEIN 20.97% **FAT 45.12%** **CARBS 33.91%**

Properties

Glycemic Index:55.25, Glycemic Load:17.66, Inflammation Score:-8, Nutrition Score:24.874347769696%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 552.07kcal (27.6%), Fat: 27.44g (42.22%), Saturated Fat: 10.6g (66.27%), Carbohydrates: 46.4g (15.47%), Net Carbohydrates: 42.78g (15.56%), Sugar: 2.47g (2.74%), Cholesterol: 61.22mg (20.41%), Sodium: 1010.49mg (43.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.7g (57.4%), Vitamin K: 129.93µg (123.75%), Selenium: 43.34µg (61.92%), Phosphorus: 439.34mg (43.93%), Calcium: 438.81mg (43.88%), Manganese: 0.82mg (41.01%), Vitamin A: 1759.94IU (35.2%), Zinc: 3.33mg (22.2%), Vitamin B3: 4.42mg (22.11%), Vitamin B1: 0.32mg (21.05%), Vitamin B6: 0.41mg (20.48%), Iron: 3.01mg (16.69%), Magnesium: 66mg (16.5%), Vitamin B2: 0.28mg

(16.36%), Folate: 61.96µg (15.49%), Vitamin C: 12.6mg (15.27%), Fiber: 3.62g (14.48%), Vitamin B12: 0.84µg (14.03%), Potassium: 437.05mg (12.49%), Copper: 0.25mg (12.35%), Vitamin E: 1.66mg (11.07%), Vitamin B5: 0.97mg (9.69%), Vitamin D: 0.89µg (5.91%)