



WHATSheATE



Orecchiette With Sausage Meatballs, Broccoli Rabe, and Garlic

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



491 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bunch broccoli rabe cut into 1-inch pieces
- ☐ 2 garlic clove thinly sliced
- ☐ 11 ounces ground sausage italian
- ☐ 1 tablespoon olive oil
- ☐ 1 pound orecchiette

Equipment

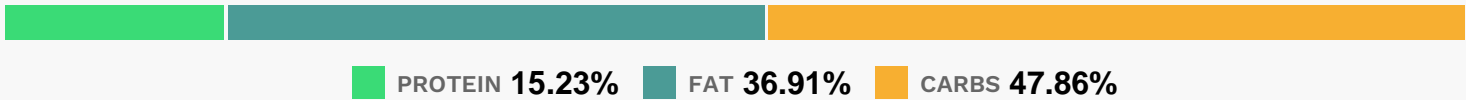
- ☐ bowl

☐ pot

Directions

- ☐ Cook pasta according to package directions in salted water; reserve 1/2 cup pasta water.
- ☐ Add broccoli rabe during last 2 minutes of cooking; drain pasta and broccoli rabe and return to pot.
- ☐ While pasta cooks, heat oil in a large, heavy pot over medium heat. Pinch sausage from casing in 1-inch pieces and roll into balls with clean hands, placing meatballs directly in pot. Cook meatballs until browned and cooked through (8–10 minutes). Stir in garlic; cook until fragrant and toasted (2 minutes).
- ☐ Add pasta and broccoli rabe mixture, 1/4 teaspoon each salt and freshly ground pepper, and reserved pasta water; cook, tossing, until pasta is coated with a thin sauce (2 minutes). Divide among 6 bowls.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:22.9, Inflammation Score:-7, Nutrition Score:20.195217422817%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 490.71kcal (24.54%), Fat: 19.95g (30.69%), Saturated Fat: 6.42g (40.13%), Carbohydrates: 58.19g (19.4%), Net Carbohydrates: 54.73g (19.9%), Sugar: 2.17g (2.41%), Cholesterol: 39.5mg (13.17%), Sodium: 397.11mg (17.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.52g (37.04%), Selenium: 61.19µg (87.41%), Vitamin K: 85.87µg (81.78%), Manganese: 0.89mg (44.44%), Vitamin B1: 0.43mg (28.42%), Phosphorus: 245.71mg (24.57%), Vitamin A: 987.71IU (19.75%), Vitamin B3: 3.44mg (17.2%), Vitamin B6: 0.34mg (17%), Zinc: 2.3mg (15.32%), Magnesium: 55.88mg (13.97%), Copper: 0.28mg (13.94%), Fiber: 3.46g (13.83%), Iron: 2.43mg (13.51%), Folate: 49.06µg (12.26%), Vitamin C: 8.96mg (10.86%), Potassium: 377.94mg (10.8%), Vitamin B2: 0.18mg (10.73%), Vitamin B12: 0.47µg (7.88%), Vitamin B5: 0.72mg (7.18%), Vitamin E: 1.03mg (6.87%), Calcium: 67.74mg (6.77%)