



Orecchiette with Spicy Turkey Sausage and Broccoli Rabe

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



206 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 pound broccoli rabe (rapini)
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 cup fat-skimmed beef broth fat-free
- ☐ 2 garlic clove minced
- ☐ 1 pint grape tomatoes halved
- ☐ 0.5 pound turkey sausage italian hot

- ☐ 0.5 cup onion chopped
- ☐ 6 ounces orecchiette uncooked
- ☐ 2 tablespoons parmesan fresh grated
- ☐ 0.1 teaspoon salt
- ☐ 2 quarts water

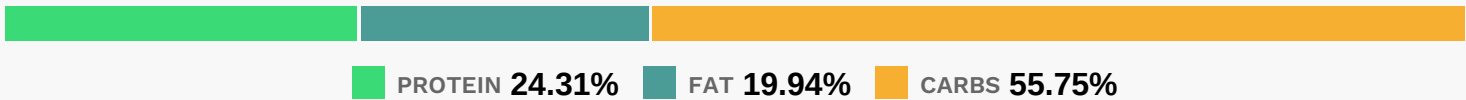
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Thinly slice green leaves of broccoli rabe, and cut stems into 2-inch pieces.
- ☐ Bring 2 quarts water to a boil in a Dutch oven.
- ☐ Add pasta; cook 6 minutes.
- ☐ Add broccoli rabe leaves and stems; cook 5 minutes or until tender.
- ☐ While pasta and broccoli rabe cook, remove casings from sausage.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion and garlic; saut 3 minutes or until tender.
- ☐ Add sausage; cook 7 minutes or until browned, stirring to crumble.
- ☐ Add broth and next 3 ingredients; bring to a boil.
- ☐ Drain pasta and broccoli rabe; stir hot cooked pasta, broccoli rabe, and tomatoes into sausage mixture; cook 1 minute or until thoroughly heated.
- ☐ Sprinkle with cheese; toss well.
- ☐ Orecchiette (oh-ray-kee-EHT-tay), a pasta originally from the Puglia region, is named for its resemblance to "little ears."

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:9.74, Inflammation Score:-9, Nutrition Score:21.140869474767%

Flavonoids

Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 206.13kcal (10.31%), Fat: 4.67g (7.18%), Saturated Fat: 1.72g (10.73%), Carbohydrates: 29.36g (9.79%), Net Carbohydrates: 25.34g (9.21%), Sugar: 4.88g (5.42%), Cholesterol: 21.17mg (7.06%), Sodium: 545.51mg (23.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.81g (25.61%), Vitamin K: 133.59µg (127.23%), Vitamin A: 2236.54IU (44.73%), Vitamin C: 35.05mg (42.48%), Selenium: 27.9µg (39.85%), Manganese: 0.65mg (32.36%), Iron: 5.53mg (30.73%), Phosphorus: 203.25mg (20.33%), Vitamin B6: 0.38mg (18.94%), Folate: 69.92µg (17.48%), Fiber: 4.02g (16.09%), Vitamin B3: 3.17mg (15.87%), Potassium: 469.15mg (13.4%), Copper: 0.26mg (12.95%), Magnesium: 51.55mg (12.89%), Zinc: 1.9mg (12.64%), Vitamin B1: 0.18mg (12.25%), Calcium: 118.52mg (11.85%), Vitamin B2: 0.19mg (10.92%), Vitamin E: 1.42mg (9.44%), Vitamin B5: 0.73mg (7.31%), Vitamin B12: 0.22µg (3.67%)