



HEALTH SCORE

79%

Orecchiette with Turkey Sausage and Broccoli Rabe



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



1053 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 to 6 basil leaves
- ☐ 2 bunches broccoli rabe trimmed
- ☐ 64 ounce tomatoes crushed canned
- ☐ 1 carrots chopped
- ☐ 1 stalk celery chopped
- ☐ 2 bay leaves dried
- ☐ 2 cloves garlic chopped

- ☐ 3 garlic cloves minced
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 3 tablespoons olive oil
- ☐ 1 small onion chopped
- ☐ 1 pound orecchiette pasta
- ☐ 0.3 cup parmesan grated
- ☐ 1 pinch pepper flakes dried red crushed
- ☐ 4 servings sea salt and pepper black freshly ground
- ☐ 1 pound turkey sausage italian-style
- ☐ 4 tablespoons butter unsalted

Equipment

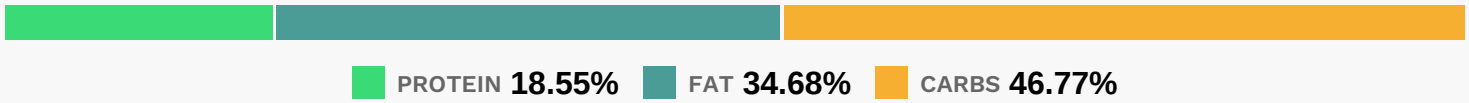
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Cook the broccoli rabe in a large pot of boiling salted water until crisp tender, about 1 minute.
- ☐ Transfer the broccoli rabe to a large bowl of ice water to cool, saving the cooking water. Bring the reserved cooking water back to a boil.
- ☐ Heat the oil in a heavy large skillet over medium heat.
- ☐ Add the sausage and cook, breaking it up into pieces with a spoon, until browned and juices form, about 12 minutes.
- ☐ Add the garlic and red pepper flakes, and saute until fragrant, about 2 minutes.
- ☐ Meanwhile, when the reserved cooking water is boiling, add the orecchiette and cook until al dente, tender but still firm to the bite, stirring occasionally, about 8 minutes.
- ☐ Strain the broccoli rabe and add it to the pan with the sausage mixture and toss to coat with the juices.

- ☐ Add the pasta to the skillet. Stir in the Parmesan and serve immediately.
- ☐ In a large casserole pot, heat oil over medium-high heat.
- ☐ Add onion and garlic and saute until soft and translucent, about 2 minutes.
- ☐ Add celery and carrot and season with salt and pepper.
- ☐ Saute until all the vegetables are soft, about 5 minutes.
- ☐ Add tomatoes, basil, and bay leaves and reduce the heat to low. Cover the pot and simmer for 1 hour or until thick.
- ☐ Remove bay leaves and taste for seasoning. If sauce tastes too acidic, add unsalted butter, 1 tablespoon at a time, to round out the flavor.
- ☐ Pour half the tomato sauce into the bowl of a food processor. Process until smooth. Continue with remaining tomato sauce.
- ☐ If not using all the sauce, allow it to cool completely and then pour 1 to 2 cup portions into plastic freezer bags. Freeze for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:101.71, Glycemic Load:44.69, Inflammation Score:-10, Nutrition Score:60.325217594271%

Flavonoids

Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg

Nutrients (% of daily need)

Calories: 1052.73kcal (52.64%), Fat: 41.67g (64.11%), Saturated Fat: 13.25g (82.81%), Carbohydrates: 126.46g (42.15%), Net Carbohydrates: 110.15g (40.05%), Sugar: 25.11g (27.9%), Cholesterol: 119.4mg (39.8%), Sodium: 1437.59mg (62.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.14g (100.28%), Vitamin K: 294.86µg (280.82%), Vitamin A: 7047.21IU (140.94%), Manganese: 2.48mg (124.06%), Selenium: 77.75µg (111.08%), Vitamin C: 70.93mg (85.98%), Vitamin B6: 1.63mg (81.39%), Vitamin B3: 14.33mg (71.63%), Phosphorus: 708.47mg (70.85%), Vitamin E: 10.55mg (70.32%), Copper: 1.34mg (66.94%), Fiber: 16.31g (65.26%), Iron: 11.47mg (63.74%), Potassium: 2228.4mg (63.67%), Magnesium: 206.4mg (51.6%), Zinc: 7.48mg (49.86%), Vitamin B1: 0.74mg (49.59%), Folate:

190.02µg (47.5%), Vitamin B2: 0.76mg (44.99%), Calcium: 420.64mg (42.06%), Vitamin B5: 3.43mg (34.27%),
Vitamin B12: 1.57µg (26.22%), Vitamin D: 0.24µg (1.61%)