



Pasta with Broccoli Rabe and Sausage

READY IN



15 min.

SERVINGS



4

CALORIES



1103 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 head broccoli rabe ends trimmed
- 2.5 cups chicken broth
- 2 cloves garlic minced
- 1 pound sausage sweet italian
- 0.3 teaspoon kosher salt
- 1 tablespoon olive oil
- 1.5 cups parmesan finely grated
- 0.1 teaspoon pepper red

- 1 pound .5 oz. macaroni
- 4 tablespoons butter unsalted

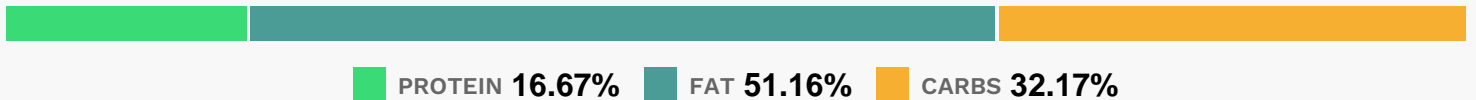
Equipment

- sauce pan

Directions

- Cook the pasta according to the package directions. Meanwhile, in a large saucepan, over medium heat, heat the oil.
- Add the sausage and cook, crumbling it with a spoon, until browned, about 5 minutes.
- Add the garlic and cook for 1 minute more.
- Add the broth and red pepper and bring to a boil. Then add the broccoli rabe, cover, and cook until tender, about 3 minutes. Stir in the butter and Parmesan and cook, uncovered, until the sauce thickens slightly, about 2 minutes.
- Add the drained pasta, season with the salt and black pepper, and toss to combine. Tip: Broccoli rabe, a leafy distant cousin of broccoli, has a bitter flavor and smaller florets. For a milder alternative, substitute broccoli. For a more peppery bite, try arugula, Swiss chard, or beet greens.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:0.69, Inflammation Score:-6, Nutrition Score:27.086086895155%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1102.98kcal (55.15%), Fat: 62.11g (95.56%), Saturated Fat: 26.95g (168.41%), Carbohydrates: 87.89g (29.3%), Net Carbohydrates: 84.17g (30.61%), Sugar: 3.99g (4.43%), Cholesterol: 144.72mg (48.24%), Sodium: 2129.74mg (92.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.54g (91.07%), Selenium: 109.19µg (155.99%), Phosphorus: 647.7mg (64.77%), Manganese: 1.22mg (61.24%), Vitamin B1: 0.8mg (53.07%), Calcium:

501.33mg (50.13%), Zinc: 4.8mg (32%), Vitamin B3: 6.06mg (30.32%), Vitamin B2: 0.48mg (28.07%), Vitamin B6: 0.56mg (27.82%), Vitamin B12: 1.54µg (25.58%), Magnesium: 94.97mg (23.74%), Copper: 0.46mg (23.09%), Iron: 3.3mg (18.33%), Potassium: 613.52mg (17.53%), Fiber: 3.72g (14.88%), Vitamin A: 671.58IU (13.43%), Vitamin B5: 1.28mg (12.78%), Folate: 32.82µg (8.2%), Vitamin E: 1.13mg (7.5%), Vitamin K: 4.69µg (4.47%), Vitamin C: 2.79mg (3.38%), Vitamin D: 0.4µg (2.65%)