



Pasta with Spicy Sausage & Rapini

READY IN



45 min.

SERVINGS



8

CALORIES



515 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 ounces farfalle pasta
- 1 tablespoon olive oil
- 1 pound ground sausage italian
- 2 cloves garlic minced
- 4 cups broccoli rabe coarsely chopped
- 0.5 cup chicken broth
- 1 cup cream light sour
- 0.5 cup milk
- 1 cup fontina shredded

- 0.5 cup parmesan cheese grated
- 8 servings salt and pepper to taste

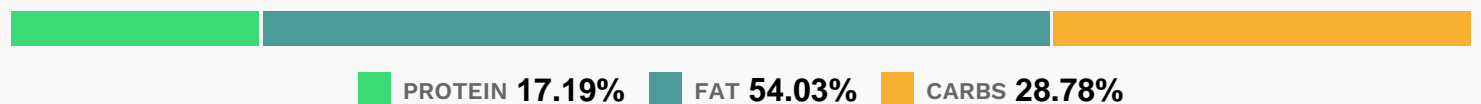
Equipment

- frying pan
- stove

Directions

- Cook pasta according to package directions; drain. Meanwhile, heat olive oil in a large skillet over medium-high heat.
- Add garlic and cook for 1-2 minutes, or until fragrant.
- Remove sausage from casings, if necessary, and add to the pan. Cook the sausage, breaking it up as you go, until no longer pink.
- Add the rapini to the skillet and saut until it begins to wilt, about one minute more.
- Transfer the sausage and rapini mixture to a plate and keep warm.
- Drain excess grease from the pan and return to stove over medium heat.
- Add the chicken broth to the skillet and bring to a simmer, scraping any browned bits from the bottom of the pan. Stir in the sour cream and milk.
- Add the cheeses and stir until melted and smooth. Return the sausage/rapini mixture to the skillet, along with the cooked pasta, and toss to coat.
- Garnish with additional Parmesan cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:13.29, Inflammation Score:-6, Nutrition Score:17.43%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 514.56kcal (25.73%), Fat: 30.71g (47.24%), Saturated Fat: 13.09g (81.79%), Carbohydrates: 36.79g (12.26%), Net Carbohydrates: 34.87g (12.68%), Sugar: 2.34g (2.6%), Cholesterol: 79.86mg (26.62%), Sodium: 943.1mg (41%), Protein: 21.98g (43.96%), Selenium: 47.06µg (67.23%), Vitamin K: 46.63µg (44.41%), Phosphorus: 309.75mg (30.97%), Vitamin B1: 0.42mg (28.17%), Manganese: 0.53mg (26.49%), Calcium: 248.11mg (24.81%), Zinc: 2.84mg (18.95%), Vitamin B12: 1.08µg (18.06%), Vitamin A: 848.47IU (16.97%), Vitamin B2: 0.27mg (15.7%), Vitamin B6: 0.31mg (15.39%), Vitamin B3: 2.91mg (14.56%), Potassium: 389.07mg (11.12%), Magnesium: 44.42mg (11.1%), Iron: 1.77mg (9.84%), Copper: 0.19mg (9.63%), Folate: 33.34µg (8.34%), Fiber: 1.92g (7.67%), Vitamin B5: 0.69mg (6.91%), Vitamin C: 5.67mg (6.87%), Vitamin E: 0.8mg (5.33%), Vitamin D: 0.36µg (2.37%)