



WHATSheATE



HEALTH SCORE

87%

Penne with Sausage, Garlic, and Broccoli Rabe



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



363 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound broccoli rabe trimmed (rapini)
- ☐ 6 garlic cloves thinly sliced
- ☐ 8 ounces turkey sausage italian
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 8 ounces penne pasta) (tube-shaped

Equipment

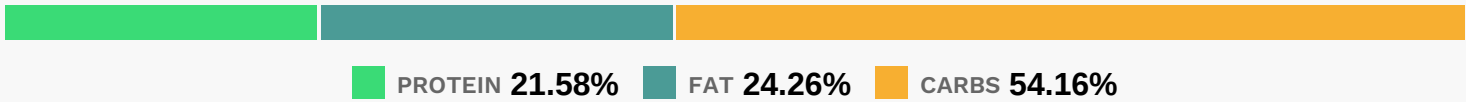
- ☐ bowl

- ☐ frying pan
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Cook broccoli rabe in boiling water 2 minutes.
- ☐ Remove with a slotted spoon and plunge into ice water; drain well. Coarsely chop. Return water to boil.
- ☐ Add pasta; cook according to package directions, omitting salt and fat.
- ☐ Drain pasta in a colander over a bowl, reserving 1/4 cup cooking liquid.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Remove casings from sausage.
- ☐ Add sausage to pan; cook 4 minutes or until browned, stirring to crumble.
- ☐ Add garlic; saut 1 minute. Stir in broccoli rabe; cook 1 minute, stirring frequently. Stir in pasta, reserved cooking liquid, 1/2 teaspoon salt, and 1/4 teaspoon freshly ground black pepper; cook 1 minute or until thoroughly heated.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:17.49, Inflammation Score:-9, Nutrition Score:28.771304151286%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 362.53kcal (18.13%), Fat: 9.9g (15.22%), Saturated Fat: 2.67g (16.67%), Carbohydrates: 49.69g (16.57%), Net Carbohydrates: 44.21g (16.08%), Sugar: 3.8g (4.23%), Cholesterol: 30.05mg (10.02%), Sodium: 567.83mg (24.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.81g (39.62%), Vitamin K: 256.25µg (244.05%),

Selenium: 50.19µg (71.71%), Vitamin A: 3055.35IU (61.11%), Manganese: 1.08mg (54.03%), Vitamin C: 41.55mg (50.36%), Iron: 8.7mg (48.35%), Phosphorus: 301.72mg (30.17%), Vitamin B6: 0.55mg (27.31%), Folate: 109µg (27.25%), Vitamin B3: 4.46mg (22.31%), Fiber: 5.48g (21.92%), Zinc: 2.93mg (19.55%), Vitamin B1: 0.28mg (18.93%), Magnesium: 70.3mg (17.57%), Vitamin B2: 0.28mg (16.67%), Vitamin E: 2.41mg (16.05%), Calcium: 154.46mg (15.45%), Copper: 0.29mg (14.39%), Potassium: 478.48mg (13.67%), Vitamin B5: 1.09mg (10.88%), Vitamin B12: 0.24µg (4.06%)