



 **58%**
HEALTH SCORE

Rigatoni with Italian Sausage and Broccoli Rabe

READY IN



45 min.

SERVINGS



4

CALORIES



1232 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound broccoli rabe
- 1 cup chicken stock see
- 0.5 cup cooking wine dry white
- 4 garlic cloves sliced
- 3 sausages italian hot
- 3 sausages sweet italian
- 4 servings kosher salt and pepper flakes red to taste
- 4 tablespoons olive oil filippo berio®

- 0.3 cup parmesan cheese
- 1 pound rigatoni pasta

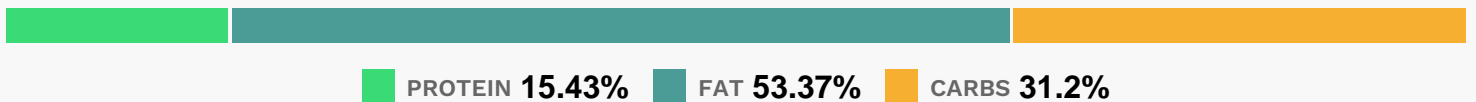
Equipment

- frying pan

Directions

- Prepare rigatoni pasta according to package directions.
- Drain, set aside and keep warm.
- In a large, heavy skillet, heat olive oil over medium heat.
- Add garlic. Brown slightly. Then add sausages; brown well and remove them from the skillet. Next add the broccoli rabe. Stir in white wine, loosening any browned bits of sausage and garlic on the bottom of the skillet (deglaze).
- Pour in chicken stock and cover. Cook until the broccoli rabe is tender (about 10 minutes).
- Return the sausages to the skillet and remove from heat. Season with kosher salt and red pepper flakes.
- Add rigatoni to the skillet; toss well. Top with grated Parmesan cheese.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:34.85, Inflammation Score:-10, Nutrition Score:43.595651749036%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 1231.5kcal (61.58%), Fat: 71.54g (110.06%), Saturated Fat: 22.54g (140.9%), Carbohydrates: 94.08g (31.36%), Net Carbohydrates: 86.64g (31.5%), Sugar: 4.92g (5.46%), Cholesterol: 133.73mg (44.58%), Sodium: 1493.32mg (64.93%), Alcohol: 3.09g (100%), Alcohol %: 0.77% (100%), Protein: 46.55g (93.1%), Vitamin K: 265.06µg (252.44%), Selenium: 118.06µg (168.65%), Manganese: 1.71mg (85.29%), Vitamin B1: 1.28mg (85.06%), Vitamin A: 3617.18IU (72.34%), Phosphorus: 611.23mg (61.12%), Vitamin B3: 10.02mg (50.11%), Vitamin B6: 1mg (49.77%), Zinc: 5.89mg (39.28%), Iron: 6.62mg (36.76%), Vitamin B2: 0.59mg (34.99%), Vitamin C: 27.34mg (33.14%), Folate: 132.36µg (33.09%), Vitamin E: 4.77mg (31.83%), Magnesium: 120.45mg (30.11%), Fiber: 7.45g (29.8%), Potassium: 1041.4mg (29.75%), Copper: 0.57mg (28.72%), Vitamin B12: 1.6µg (26.73%), Calcium: 267.19mg (26.72%), Vitamin B5: 1.79mg (17.88%)