



Sausage and Broccoli Rabe with Polenta



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



946 kcal

SIDE DISH

Ingredients

- ☐ 1 pound broccoli rabe
- ☐ 1.5 cups canned tomatoes thick canned crushed from a 14-ounce can
- ☐ 1.5 cups chicken broth low-sodium homemade canned
- ☐ 1.3 cups cornmeal
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 2 cloves garlic chopped

- ☐ 0.1 teaspoon fresh-ground pepper black
- ☐ 4 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 2.5 teaspoons salt
- ☐ 1.3 pounds mild sausage italian hot
- ☐ 4.5 cups water

Equipment

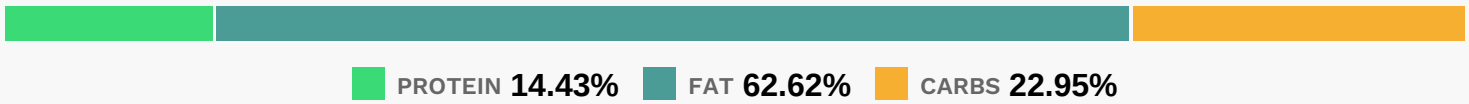
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ In a large pot of boiling, salted water, cook the broccoli rabe until tender, about 2 minutes.
- ☐ Drain. Rinse with cold water and drain thoroughly.
- ☐ Cut into 2-inch lengths.
- ☐ In a large frying pan, heat 1 tablespoon of the oil over moderately high heat.
- ☐ Add the sausage and cook, turning, until browned, about 10 minutes.
- ☐ Remove. When cool enough to handle, cut into slices.
- ☐ Pour off all but 2 tablespoons of the fat from the pan. Reduce the heat to moderately low.
- ☐ Add the onion and garlic and cook, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the wine; bring to a simmer.
- ☐ Add the sausage, tomatoes, broth, thyme, and 1 1/4 teaspoons of the salt. Bring to a simmer. Cook, uncovered, for 15 minutes.
- ☐ Add the broccoli rabe, parsley, and pepper to the sauce; bring to a simmer.
- ☐ Meanwhile, in a medium saucepan, bring the water and the remaining 1 1/4 teaspoons salt to a boil.

- ☐
- Add the cornmeal in a slow stream, whisking.
- ☐
- Whisk in the remaining 3 tablespoons oil. Reduce the heat and simmer, stirring frequently with a wooden spoon, until very thick, about 20 minutes.
- ☐
- Serve with the sauce.
- ☐
- Wine Recommendation: This rustic dish wants a red wine, but the broccoli rabe's bite will combine with tannin to create an unpleasant bitterness. Opt for an Italian barbera; it has minimal tannin.

Nutrition Facts



Properties

Glycemic Index:75.63, Glycemic Load:26.05, Inflammation Score:-10, Nutrition Score:42.096086999644%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg

Nutrients (% of daily need)

Calories: 945.96kcal (47.3%), Fat: 65.9g (101.39%), Saturated Fat: 19.84g (123.97%), Carbohydrates: 54.34g (18.11%), Net Carbohydrates: 43.89g (15.96%), Sugar: 6.73g (7.47%), Cholesterol: 114.91mg (38.3%), Sodium: 2762.43mg (120.11%), Alcohol: 1.54g (100%), Alcohol %: 0.24% (100%), Protein: 34.16g (68.31%), Vitamin K: 331.3µg (315.52%), Vitamin B1: 1.29mg (85.99%), Vitamin A: 3490.09IU (69.8%), Selenium: 42.74µg (61.05%), Vitamin B6: 1.17mg (58.43%), Manganese: 1.15mg (57.35%), Vitamin C: 41.83mg (50.71%), Vitamin B3: 10.04mg (50.21%), Phosphorus: 487.82mg (48.78%), Iron: 7.77mg (43.16%), Fiber: 10.45g (41.81%), Zinc: 5.72mg (38.11%), Folate: 147.51µg (36.88%), Vitamin E: 5.23mg (34.86%), Potassium: 1197.34mg (34.21%), Magnesium: 131.44mg (32.86%), Vitamin B2: 0.54mg (31.7%), Copper: 0.58mg (28.75%), Vitamin B12: 1.46µg (24.41%), Calcium: 214.49mg (21.45%), Vitamin B5: 1.77mg (17.69%)