



Sautéed Sausage and Grapes with Broccoli Rabe

 Gluten Free

READY IN



38 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 1 pound broccoli rabe trimmed coarsely chopped
- ☐ 1 tablespoon garlic minced
- ☐ 3 cups grapes green sliced in half lengthwise
- ☐ 0.3 teaspoon kosher salt divided
- ☐ 2 tablespoons olive oil divided
- ☐ 0.3 cup parmesan cheese shaved

- ☐ 8 ounce pork sausage italian
- ☐ 1 cup onion red thinly sliced
- ☐ 1 teaspoon red wine vinegar
- ☐ 0.3 cup white wine

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook broccoli rabe in boiling water 1 1/2 minutes; drain and rinse with cold water.
- ☐ Drain well.
- ☐ Place in a large bowl. Set aside.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 1 tablespoon olive oil to pan; swirl to coat.
- ☐ Add sausage; cook for 6 minutes or until browned, stirring to crumble.
- ☐ Add grapes, 1/8 teaspoon salt, and 1/8 teaspoon pepper; cook for 2 minutes or until grapes begin to soften.
- ☐ Add sausage mixture to broccoli rabe.
- ☐ Return pan to medium-high heat.
- ☐ Add remaining 1 tablespoon oil to pan; swirl to coat.
- ☐ Add onion; cook 2 minutes or until soft.
- ☐ Add garlic; cook 30 seconds or until fragrant.
- ☐ Add wine; cook 2 minutes or until liquid almost evaporates.
- ☐ Add remaining 1/8 teaspoon salt, remaining 1/8 teaspoon pepper, sausage mixture, and vinegar. Toss to combine; cook 1 minute or until thoroughly heated.
- ☐ Sprinkle with cheese; serve immediately.

Nutrition Facts



Properties

Glycemic Index:59.25, Glycemic Load:10.26, Inflammation Score:-9, Nutrition Score:25.183478270536%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.71mg, Quercetin: 10.71mg, Quercetin: 10.71mg, Quercetin: 10.71mg

Nutrients (% of daily need)

Calories: 417.48kcal (20.87%), Fat: 27.17g (41.8%), Saturated Fat: 8.56g (53.48%), Carbohydrates: 29.17g (9.72%), Net Carbohydrates: 24.34g (8.85%), Sugar: 19.9g (22.11%), Cholesterol: 47.34mg (15.78%), Sodium: 702.58mg (30.55%), Alcohol: 1.54g (100%), Alcohol %: 0.55% (100%), Protein: 15.32g (30.63%), Vitamin K: 275.33µg (262.21%), Vitamin A: 3098.52IU (61.97%), Vitamin B1: 0.61mg (40.64%), Vitamin C: 31.25mg (37.88%), Manganese: 0.68mg (34.1%), Vitamin B6: 0.55mg (27.39%), Folate: 109.19µg (27.3%), Phosphorus: 246.98mg (24.7%), Selenium: 17.22µg (24.6%), Calcium: 232.96mg (23.3%), Vitamin B2: 0.36mg (21%), Iron: 3.77mg (20.95%), Vitamin E: 3.08mg (20.57%), Fiber: 4.83g (19.34%), Potassium: 667.09mg (19.06%), Vitamin B3: 3.53mg (17.67%), Zinc: 2.25mg (15%), Copper: 0.26mg (13.14%), Magnesium: 49.83mg (12.46%), Vitamin B12: 0.59µg (9.85%), Vitamin B5: 0.81mg (8.09%)