



Baked Gnocchi with Chicken

READY IN



40 min.

SERVINGS



4

CALORIES



414 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups baby spinach loosely packed
- 2 tablespoons flour all-purpose
- 4 servings kosher salt and pepper freshly ground
- 1 cup chicken broth low-sodium
- 0.3 teaspoon nutmeg freshly grated
- 1 tablespoon olive oil extra-virgin
- 1 ounce parmesan cheese grated
- 17.5 ounce potato gnocchi
- 2 tablespoons butter unsalted

- 4 cups mushrooms white sliced
- 1.5 cups milk whole

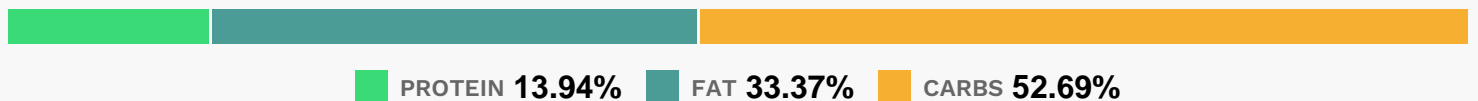
Equipment

- frying pan
- oven
- whisk
- broiler

Directions

- Position a rack in the upper third of the oven and preheat to 425 degrees F.
- Heat the olive oil in a deep ovenproof skillet over medium-high heat.
- Add the mushrooms, season with salt and pepper and cook, stirring occasionally, until lightly browned, about 4 minutes.
- Transfer to a plate and wipe out the skillet.
- Melt the butter in the skillet over medium heat; add the flour and cook, whisking, 3 minutes.
- Whisk in the milk and chicken broth until smooth; simmer, whisking constantly, until slightly thickened, about 5 minutes.
- Whisk in 1/2 teaspoon salt and the nutmeg.
- Add the chicken, mushrooms, gnocchi and spinach to the sauce and stir until coated and the spinach wilts.
- Sprinkle with the parmesan, transfer the skillet to the oven and bake until bubbling, about 20 minutes. Turn on the broiler; broil until lightly browned on top, about 3 more minutes.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:78.75, Glycemic Load:32.43, Inflammation Score:-8, Nutrition Score:17.500434813292%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 414.25kcal (20.71%), Fat: 15.85g (24.39%), Saturated Fat: 7.56g (47.26%), Carbohydrates: 56.32g (18.77%), Net Carbohydrates: 52.12g (18.95%), Sugar: 6.48g (7.2%), Cholesterol: 32.2mg (10.73%), Sodium: 805.37mg (35.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.9g (29.79%), Vitamin K: 57.34µg (54.61%), Vitamin B2: 0.6mg (35.09%), Iron: 5.61mg (31.15%), Vitamin A: 1439.51IU (28.79%), Phosphorus: 249.12mg (24.91%), Vitamin B3: 4.68mg (23.41%), Calcium: 219.01mg (21.9%), Selenium: 14.6µg (20.86%), Vitamin B5: 1.83mg (18.33%), Copper: 0.36mg (18.08%), Fiber: 4.2g (16.8%), Potassium: 575.29mg (16.44%), Vitamin B12: 0.7µg (11.65%), Folate: 45.74µg (11.43%), Vitamin B1: 0.17mg (11.33%), Vitamin B6: 0.19mg (9.56%), Manganese: 0.19mg (9.28%), Vitamin D: 1.34µg (8.93%), Zinc: 1.34mg (8.9%), Magnesium: 32.78mg (8.19%), Vitamin E: 0.99mg (6.59%), Vitamin C: 5.18mg (6.28%)