



Brown Butter Gnocchi with Spinach and Pine Nuts

READY IN



45 min.

SERVINGS



4

CALORIES



314 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons butter
- 2 garlic clove minced
- 16 ounce d gnocchi (such as Vigo)
- 1 ounce parmesan shredded finely
- 2 tablespoons pinenuts
- 0.3 teaspoon salt
- 10 ounce pkt spinach fresh

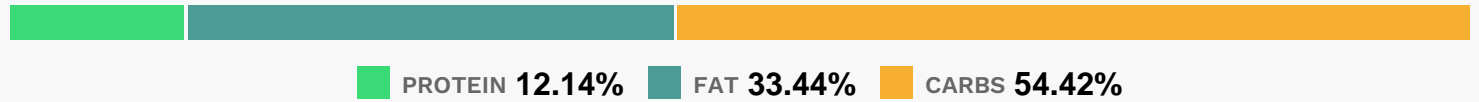
Equipment

frying pan

Directions

- Cook gnocchi according to package directions, omitting salt and fat; drain.
- Heat butter in a large nonstick skillet over medium heat.
- Add pine nuts to pan; cook 3 minutes or until butter and nuts are lightly browned, stirring constantly.
- Add garlic to pan; cook 1 minute.
- Add gnocchi and spinach to pan; cook 1 minute or until spinach wilts, stirring constantly. Stir in salt and pepper.
- Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:26.11, Inflammation Score:-10, Nutrition Score:21.40478270922%

Flavonoids

Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 314.18kcal (15.71%), Fat: 12.09g (18.6%), Saturated Fat: 5.5g (34.35%), Carbohydrates: 44.26g (14.75%), Net Carbohydrates: 39.83g (14.48%), Sugar: 0.55g (0.62%), Cholesterol: 19.87mg (6.62%), Sodium: 744.68mg (32.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.87g (19.74%), Vitamin K: 345.86µg (329.39%), Vitamin A: 6878.39IU (137.57%), Manganese: 1.12mg (55.93%), Iron: 6.38mg (35.43%), Folate: 139.97µg (34.99%), Vitamin C: 20.42mg (24.76%), Calcium: 182.6mg (18.26%), Magnesium: 72.39mg (18.1%), Fiber: 4.43g (17.71%), Vitamin E: 2.09mg (13.9%), Potassium: 441.23mg (12.61%), Phosphorus: 116.84mg (11.68%), Vitamin B2: 0.17mg (10.18%), Vitamin B6: 0.17mg (8.43%), Copper: 0.17mg (8.33%), Zinc: 0.92mg (6.12%), Vitamin B1: 0.08mg (5.32%), Vitamin B3: 0.77mg (3.83%), Selenium: 2.63µg (3.75%), Vitamin B12: 0.1µg (1.62%), Vitamin B5: 0.11mg (1.12%)