



Browned Butter Gnocchi with Broccoli and Nuts

READY IN



45 min.

SERVINGS



6

CALORIES



401 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 5 cups broccoli florets chopped
- ☐ 32 ounce d gnocchi prepared (such as Gia Russa)
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup pecorino romano cheese fresh shaved
- ☐ 3 tablespoons pinenuts toasted
- ☐ 2 tablespoons butter unsalted

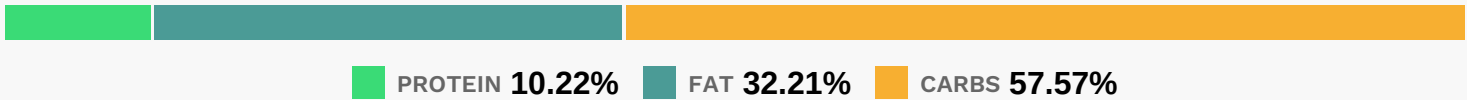
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook gnocchi in a large Dutch oven according to package directions.
- ☐ Add broccoli during last minute of cooking; cook 1 minute.
- ☐ Drain.
- ☐ Heat a large skillet over medium heat.
- ☐ Add butter and oil; cook 7 minutes or until butter browns.
- ☐ Add gnocchi mixture and pepper to pan; toss to coat. Spoon about 1 1/2 cups gnocchi mixture into each of 6 shallow bowls.
- ☐ Sprinkle each serving with 1 1/2 teaspoons pine nuts and about 2 teaspoons cheese.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:35.14, Inflammation Score:-7, Nutrition Score:16.163478260455%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 5.95mg, Kaempferol: 5.95mg, Kaempferol: 5.95mg, Kaempferol: 5.95mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 400.8kcal (20.04%), Fat: 14.82g (22.79%), Saturated Fat: 4.91g (30.71%), Carbohydrates: 59.58g (19.86%), Net Carbohydrates: 53.91g (19.6%), Sugar: 1.51g (1.68%), Cholesterol: 15.81mg (5.27%), Sodium: 604.97mg (26.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.58g (21.16%), Vitamin C: 67.68mg (82.04%), Vitamin K: 83.44µg (79.47%), Iron: 6.35mg (35.28%), Manganese: 0.61mg (30.56%), Fiber: 5.67g (22.68%), Calcium: 127.33mg (12.73%), Folate: 50.02µg (12.5%), Vitamin E: 1.85mg (12.35%), Vitamin A: 614.02IU (12.28%), Phosphorus: 122.27mg

(12.23%), Potassium: 276.54mg (7.9%), Magnesium: 30.99mg (7.75%), Vitamin B2: 0.12mg (7.2%), Vitamin B6: 0.14mg (7.13%), Copper: 0.11mg (5.33%), Zinc: 0.78mg (5.21%), Vitamin B1: 0.07mg (4.96%), Vitamin B5: 0.48mg (4.8%), Selenium: 2.79µg (3.98%), Vitamin B3: 0.71mg (3.56%), Vitamin B12: 0.07µg (1.17%)