



Butternut Squash Gnocchi

READY IN



45 min.

SERVINGS



4

CALORIES



513 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2.5 pounds butternut squash
- 3 eggs
- 1 cup flour
- 4 servings parmesan grated
- 0.3 teaspoon pepper
- 1 teaspoon salt
- 1 shallots chopped
- 4 tablespoons butter unsalted
- 0.7 cup vegetable broth

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- pot
- aluminum foil

Directions

- Preheat oven to 400F; line a baking sheet with foil.
- Cut top and bottom off a 2 1/2 lb. butternut squash and halve it lengthwise; remove seeds. Put halves cut side down on pan; bake for 1 hour, until squash is fork-tender.
- Pulse 1 1/2 cups squash flesh, 3 eggs, 1 cup flour, 1/3 cup grated Parmesan, 1 tsp. salt and 1/4 tsp. pepper in a food processor until smooth.
- Bring a large pot of salted water to a boil. Prepare a large bowl of ice water. Using a spoon, scoop 1 Tbsp. squash mixture. With another spoon, form an oval; drop it into boiling water. Make 10 gnocchi. When they float, cook for 5 minutes and then place in ice water. Repeat with remaining batter.
- Let cool and pat dry.
- Melt 4 Tbsp. unsalted butter over medium heat.
- Add 1 chopped shallot; cook, stirring occasionally, until soft, about 5 minutes.
- Add gnocchi and 2/3 cup vegetable broth; cook, turning until heated.
- Sprinkle with 1/4 cup Parmesan.

Nutrition Facts

 **PROTEIN 16.03%**  **FAT 38.8%**  **CARBS 45.17%**

Properties

Glycemic Index:52.25, Glycemic Load:18.01, Inflammation Score:-10, Nutrition Score:31.444347526716%

Nutrients (% of daily need)

Calories: 513.27kcal (25.66%), Fat: 22.84g (35.14%), Saturated Fat: 13.26g (82.86%), Carbohydrates: 59.83g (19.94%), Net Carbohydrates: 53.09g (19.3%), Sugar: 7.52g (8.35%), Cholesterol: 173.26mg (57.75%), Sodium: 1279.78mg (55.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.23g (42.47%), Vitamin A: 30982.26IU (619.65%), Vitamin C: 60.03mg (72.77%), Calcium: 521.03mg (52.1%), Manganese: 0.84mg (41.86%), Selenium: 29.11µg (41.59%), Phosphorus: 408.15mg (40.82%), Folate: 153.91µg (38.48%), Vitamin B1: 0.56mg (37.22%), Potassium: 1130.5mg (32.3%), Vitamin E: 4.84mg (32.28%), Magnesium: 122.24mg (30.56%), Vitamin B6: 0.56mg (27.8%), Vitamin B2: 0.47mg (27.51%), Fiber: 6.75g (26.98%), Vitamin B3: 5.37mg (26.86%), Iron: 4.35mg (24.18%), Vitamin B5: 1.95mg (19.48%), Copper: 0.29mg (14.62%), Zinc: 1.94mg (12.9%), Vitamin B12: 0.68µg (11.29%), Vitamin D: 1.02µg (6.8%), Vitamin K: 5.06µg (4.82%)