



Cheesy Gnocchi Casserole with Ham and Peas

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



596 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounce deli ham diced
- 0.5 teaspoon thyme leaves fresh chopped
- 1 cup gruyère cheese shredded
- 0.3 cup heavy cream
- 4 servings kosher salt and pepper black freshly ground
- 0.5 cup chicken broth low-sodium
- 1 onion chopped
- 1 cup peas frozen thawed

- 17.5 ounce potato gnocchi
- 1 tablespoon butter unsalted

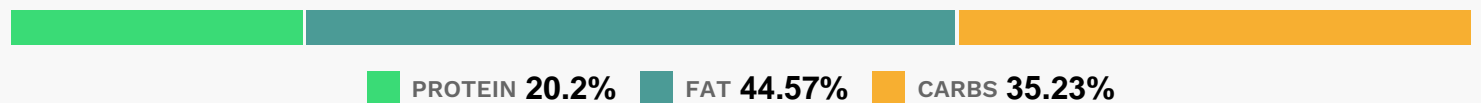
Equipment

- frying pan
- broiler

Directions

- Watch how to make this recipe.
- Preheat the broiler to high heat.
- Melt the butter in a large ovenproof skillet over medium heat.
- Add the onions and cook until softened, about 3 minutes.
- Add the ham and thyme and continue to cook until the ham is lightly browned.
- Add the chicken broth and 3/4 cup water and bring to a simmer.
- Add the gnocchi, stir well, cover and cook until the gnocchi is slightly tender, about 5 minutes.
- Remove from the heat. Uncover and stir in the peas, cream, 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Sprinkle the cheese over the top and broil until golden and bubbly, about 3 minutes.
- Serve.

Nutrition Facts



Properties

Glycemic Index:54.08, Glycemic Load:29.96, Inflammation Score:-7, Nutrition Score:17.095652310745%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 596.25kcal (29.81%), Fat: 29.69g (45.67%), Saturated Fat: 15.42g (96.39%), Carbohydrates: 52.8g (17.6%), Net Carbohydrates: 47.34g (17.22%), Sugar: 3.82g (4.24%), Cholesterol: 95.79mg (31.93%), Sodium: 1345.3mg (58.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.27g (60.54%), Calcium: 390.76mg (39.08%), Phosphorus: 386.85mg (38.69%), Iron: 5.74mg (31.87%), Vitamin B1: 0.47mg (31.53%), Selenium: 18.93µg (27.05%), Fiber: 5.46g (21.84%), Zinc: 3.17mg (21.15%), Vitamin C: 17.02mg (20.64%), Vitamin B3: 3.77mg (18.87%), Vitamin B2: 0.31mg (18.35%), Vitamin A: 909.25IU (18.19%), Vitamin B6: 0.35mg (17.29%), Vitamin B12: 0.95µg (15.84%), Manganese: 0.22mg (10.75%), Vitamin K: 10.88µg (10.36%), Potassium: 360.68mg (10.31%), Magnesium: 39.34mg (9.84%), Folate: 34.62µg (8.65%), Copper: 0.15mg (7.61%), Vitamin D: 0.89µg (5.9%), Vitamin B5: 0.56mg (5.6%), Vitamin E: 0.57mg (3.79%)