



Cheesy Gnocchi Florentine

READY IN



50 min.

SERVINGS



4

CALORIES



419 kcal

Ingredients

- ☐ 9 oz spinach frozen
- ☐ 1 tablespoon butter
- ☐ 0.3 cup onion chopped
- ☐ 1 tablespoon flour all-purpose
- ☐ 16 oz d gnocchi
- ☐ 4 oz gruyere cheese shredded
- ☐ 2 oz muenster cheese shredded
- ☐ 0.1 teaspoon nutmeg
- ☐ 1 large plum tomatoes thinly sliced (Roma)
- ☐ 1 teaspoon olive oil

☐ 1.3 cups frangelico

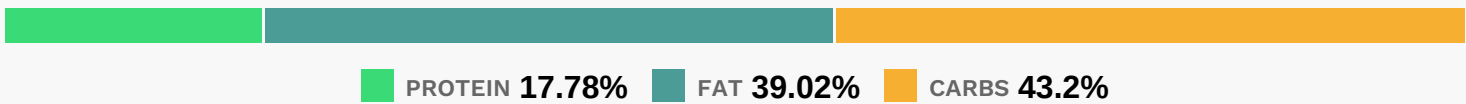
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ colander

Directions

- ☐ Heat oven to 350°F. Spray 1 1/2-quart casserole with cooking spray. Cook spinach as directed on package; drain in colander or large strainer. Press to remove excess moisture. Set aside.
- ☐ Meanwhile, in 2-quart saucepan, melt butter.
- ☐ Add onion; cook 2 to 3 minutes, stirring frequently, until tender. Stir in flour. Gradually stir in half-and-half. Stir in gnocchi; heat to boiling.
- ☐ Remove from heat. Stir in cheeses and nutmeg.
- ☐ Spoon about 2 cups of the gnocchi mixture into casserole. Top with spinach, then remaining gnocchi mixture. Top with tomato slices; brush with olive oil.
- ☐ Bake about 30 minutes or until bubbly and browned on top and gnocchi is tender.

Nutrition Facts



Properties

Glycemic Index:76.25, Glycemic Load:27.03, Inflammation Score:-10, Nutrition Score:22.278260925542%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 419.4kcal (20.97%), Fat: 18.55g (28.53%), Saturated Fat: 9.28g (58.03%), Carbohydrates: 46.2g (15.4%), Net Carbohydrates: 41.31g (15.02%), Sugar: 1.53g (1.7%), Cholesterol: 44.79mg (14.93%), Sodium: 757.3mg (32.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.01g (38.02%), Vitamin K: 240.28µg (228.84%), Vitamin A: 8146.37IU (162.93%), Calcium: 498.23mg (49.82%), Iron: 5.55mg (30.84%), Phosphorus: 278.69mg (27.87%), Folate: 104.76µg (26.19%), Manganese: 0.5mg (25.01%), Fiber: 4.89g (19.56%), Vitamin B2: 0.28mg (16.68%), Magnesium: 65.21mg (16.3%), Vitamin E: 2.31mg (15.37%), Selenium: 10.68µg (15.26%), Zinc: 1.92mg (12.79%), Vitamin B12: 0.67µg (11.09%), Potassium: 317.7mg (9.08%), Vitamin B6: 0.17mg (8.31%), Vitamin C: 6.38mg (7.73%), Vitamin B1: 0.1mg (6.96%), Copper: 0.12mg (6.09%), Vitamin B3: 0.58mg (2.92%), Vitamin B5: 0.28mg (2.83%), Vitamin D: 0.26µg (1.7%)