



## Cheesy Gnocchi Florentine

READY IN



50 min.

SERVINGS



4

CALORIES



518 kcal

### Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon flour all-purpose
- ☐ 9 oz spinach frozen
- ☐ 16 oz d gnocchi
- ☐ 0.1 teaspoon nutmeg
- ☐ 4 oz gruyere cheese shredded
- ☐ 1.3 cups half and half
- ☐ 2 oz muenster cheese shredded
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup onion chopped

☐ 1 large plum tomatoes thinly sliced (Roma)

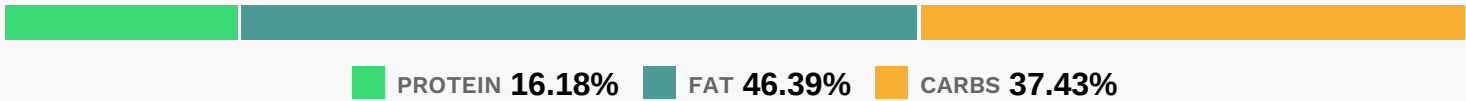
Equipment

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

Directions

- ☐ Heat oven to 350F. 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:24.266086713127%

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: 518.47kcal (25.92%), Fat: 27.24g (41.91%), Saturated Fat: 14.6g (91.25%), Carbohydrates: 49.45g (16.48%), Net Carbohydrates: 44.56g (16.2%), Sugar: 4.65g (5.17%), Cholesterol: 71.26mg (23.75%), Sodium: 803.43mg (34.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.38g (42.76%), Vitamin K: 241.26µg (229.77%), Vitamin A: 8414.08IU (168.28%), Calcium: 579.15mg (57.92%), Phosphorus: 350.53mg (35.05%), Iron: 5.59mg (31.05%), Folate: 107.03µg (26.76%), Vitamin B2: 0.43mg (25.31%), Manganese: 0.5mg (25.05%), Fiber: 4.89g (19.56%), Selenium: 13.1µg (18.71%), Magnesium: 72.77mg (18.19%), Vitamin E: 2.49mg (16.63%), Zinc: 2.21mg (14.76%), Vitamin B12: 0.81µg (13.49%), Potassium: 417.52mg (11.93%), Vitamin B6: 0.2mg (10.2%), Vitamin C: 7.06mg (8.56%), Vitamin B1: 0.13mg (8.47%), Copper: 0.13mg (6.43%), Vitamin B5: 0.5mg (5.02%), Vitamin B3: 0.67mg (3.33%), Vitamin D: 0.26µg (1.7%)