



## Chicken and Gnocchi

🤍 Popular

READY IN



60 min.

SERVINGS



6

CALORIES



678 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 cup breadcrumbs fresh soft
- 4 tablespoons butter
- 1 cup carrots thinly sliced
- 0.5 cup celery finely chopped
- 6 servings meat from a rotisserie chicken
- 0.5 cup chicken broth
- 4 cups chicken broth

- 0.5 cup cooking wine dry white
- 2 large egg yolks lightly beaten
- 0.3 cup flour all-purpose
- 0.5 cup flour all-purpose
- 1.5 tablespoons flat-leaf parsley fresh chopped
- 1 teaspoon thyme leaves fresh chopped
- 2 garlic cloves minced
- 6 servings d gnocchi
- 0.3 teaspoon kosher salt
- 0.3 cup parmesan cheese freshly grated
- 4 cups meat from a rotisserie chicken shredded cooked
- 6 servings kitchen string
- 2 thyme sprigs fresh

## Equipment

- bowl
- frying pan
- whisk
- pot
- plastic wrap
- slotted spoon
- dutch oven
- kitchen twine

## Directions

- Prepare Gnocchi: Stir together first 8 ingredients in a large bowl until smooth. Very gently fold in flour just until blended.
- Spoon dough into a zip-top plastic freezer bag. Snip 1 corner of bag to make a 1/2-inch hole. Squeeze 10 to 12 (1-inch) dough pieces into a pot of boiling salted water; cook 2 to 3 minutes

or until gnocchi float. Lightly grease a jelly-roll pan with cooking spray.

- Transfer gnocchi to prepared pan, using a slotted spoon. Cover with plastic wrap. Repeat procedure with remaining dough.
- Prepare Chicken: Tie together thyme and, if desired, sage sprigs with kitchen string. Melt butter in a Dutch oven over medium heat.
- Add carrots, celery, and herb bundle; cook 5 minutes or until carrots are tender.
- Add garlic; cook 1 minute. Stir in wine, and cook 2 minutes or until reduced by half.
- Sprinkle with flour, and cook, stirring constantly, 1 minute. Gradually whisk in broth.
- Add Parmesan rind, if desired.
- Bring mixture to a boil over medium-high heat. Reduce heat to medium-low, and simmer, partially covered, 20 minutes or until slightly thickened. Discard herb bundle and cheese rind. Stir in chicken and gnocchi, and cook 3 to 5 minutes or until hot.

## Nutrition Facts



## Properties

Glycemic Index:98.64, Glycemic Load:10.87, Inflammation Score:-10, Nutrition Score:31.954347610474%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.41mg, Apigenin: 2.41mg, Apigenin: 2.41mg, Apigenin: 2.41mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

## Nutrients (% of daily need)

Calories: 677.98kcal (33.9%), Fat: 34.46g (53.01%), Saturated Fat: 12.66g (79.13%), Carbohydrates: 33.97g (11.32%), Net Carbohydrates: 30.34g (11.03%), Sugar: 5.08g (5.65%), Cholesterol: 239.78mg (79.93%), Sodium: 1194.38mg (51.93%), Alcohol: 2.06g (100%), Alcohol %: 0.48% (100%), Protein: 52.33g (104.66%), Vitamin A: 4642.13IU (92.84%), Vitamin B3: 17.94mg (89.7%), Selenium: 54.39µg (77.71%), Phosphorus: 479.92mg (47.99%), Vitamin B6: 0.95mg (47.67%), Vitamin K: 49.12µg (46.78%), Vitamin B2: 0.65mg (38.31%), Vitamin B1: 0.53mg (35.56%), Manganese: 0.61mg (30.65%), Iron: 4.94mg (27.42%), Zinc: 3.91mg (26.04%), Vitamin B5: 2.5mg (24.96%), Folate: 95.12µg (23.78%), Potassium: 753.15mg (21.52%), Magnesium: 77.29mg (19.32%), Vitamin C: 12.67mg (15.36%),

Calcium: 150.74mg (15.07%), Vitamin B12: 0.89µg (14.8%), Fiber: 3.63g (14.52%), Copper: 0.27mg (13.31%), Vitamin E: 1.2mg (8.01%), Vitamin D: 0.54µg (3.63%)