



Creamy Gnocchi

READY IN



35 min.

SERVINGS



35

CALORIES



46 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 slices bacon chopped
- 0.3 tsp pepper black
- 0.8 cup chicken broth
- 0.5 lb cremini mushrooms fresh sliced
- 0.3 cup basil leaves fresh
- 3 cloves garlic minced
- 1 lb d gnocchi frozen uncooked
- 4 oz philadelphia neufchatel cheese cubed ()
- 0.3 cup parmesan cheese shredded kraft

1 onion red

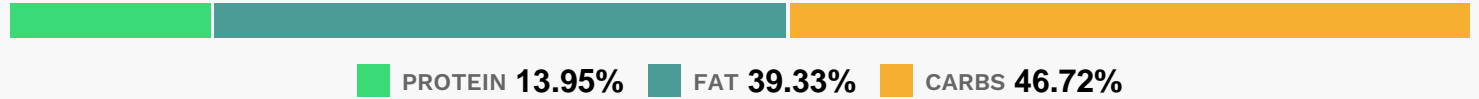
Equipment

frying pan

Directions

- Cook gnocchi as directed on package, omitting salt.
- Meanwhile, cook bacon in large skillet on medium-high heat 2 min.
- Add mushrooms, onions and garlic; cook and stir 5 to 6 min. or until vegetables are tender.
- Add Neufchatel and broth; cook 2 to 3 min. or until Neufchatel is melted, stirring constantly.
- Drain gnocchi.
- Add to sauce in skillet with pepper; stir gently to evenly coat pasta. Cook 2 to 3 min. or until heated through, stirring constantly. Stir in basil.
- Serve topped with Parmesan.

Nutrition Facts



Properties

Glycemic Index:8.03, Glycemic Load:3.05, Inflammation Score:-1, Nutrition Score:1.3147826058709%

Flavonoids

Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 45.92kcal (2.3%), Fat: 2.04g (3.14%), Saturated Fat: 0.92g (5.75%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 5.06g (1.84%), Sugar: 0.38g (0.42%), Cholesterol: 4.64mg (1.55%), Sodium: 102.09mg (4.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Selenium: 2.52µg (3.6%), Iron: 0.53mg (2.97%), Vitamin B2: 0.05mg (2.67%), Phosphorus: 22.45mg (2.24%), Copper: 0.04mg (1.91%), Vitamin B3: 0.37mg (1.87%), Calcium: 17.89mg (1.79%), Fiber: 0.4g (1.61%), Vitamin B5: 0.14mg (1.39%), Potassium: 46.81mg (1.34%), Manganese: 0.02mg (1.22%), Vitamin B1: 0.02mg (1.15%), Vitamin B6: 0.02mg (1.15%), Zinc: 0.16mg (1.07%)