



Creamy Pesto Gnocchi with Green Beans and Ricotta

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



519 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound d gnocchi refrigerated frozen (or)
- ☐ 0.5 pound green beans cut into 1/2-inch pieces (2 cups)
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 4 servings salt and pepper
- ☐ 1 cup basil pesto store-bought
- ☐ 0.3 cup ricotta cheese

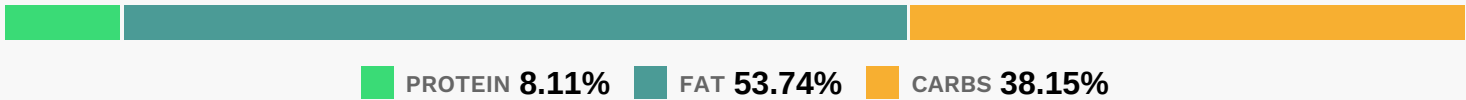
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Cook the gnocchi according to the package directions.
- ☐ Drain and return them to the pot. Meanwhile, bring a large saucepan of water to a boil and add 1 tablespoon salt.
- ☐ Add the green beans and cook until tender, 3 to 4 minutes; drain.
- ☐ Add the pesto and cream to the gnocchi and cook over medium heat, stirring, just until heated through, 2 to 3 minutes. Divide among bowls and top with the green beans, ricotta, and 1/4 teaspoon pepper. Substitution: If you can't find gnocchi, try this quick and easy pesto and cream sauce on pasta. Frozen peas are a fine stand-in for green beans.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:26.81, Inflammation Score:-8, Nutrition Score:8.5865217499111%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 518.77kcal (25.94%), Fat: 31.32g (48.18%), Saturated Fat: 9.15g (57.16%), Carbohydrates: 50.03g (16.68%), Net Carbohydrates: 44.89g (16.32%), Sugar: 4.31g (4.79%), Cholesterol: 29.67mg (9.89%), Sodium: 1178.35mg (51.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.64g (21.28%), Vitamin A: 1928.78IU (38.58%), Iron: 5.1mg (28.34%), Vitamin K: 25.03µg (23.84%), Fiber: 5.14g (20.57%), Calcium: 185.5mg (18.55%), Vitamin C: 7.01mg (8.49%), Vitamin B2: 0.12mg (6.89%), Manganese: 0.12mg (6.2%), Phosphorus: 54.66mg (5.47%), Folate: 21.17µg (5.29%), Vitamin B6: 0.09mg (4.59%), Selenium: 3.03µg (4.33%), Potassium: 150.08mg (4.29%), Magnesium: 16.93mg (4.23%), Vitamin B1: 0.05mg (3.43%), Vitamin E: 0.39mg (2.58%), Zinc: 0.35mg (2.35%), Vitamin B3: 0.44mg (2.21%), Copper: 0.04mg (2.21%), Vitamin B5: 0.2mg (1.99%), Vitamin D: 0.27µg (1.79%), Vitamin B12: 0.08µg (1.27%)