

Dinner Tonight: Squash Gnocchi with Meat Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



628 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 butternut squash seeds removed quartered
- ☐ 28 ounce canned tomatoes whole peeled chopped canned
- ☐ 2 eggs
- ☐ 1 cup flour
- ☐ 0.5 pound ground beef
- ☐ 0.5 pound ground pork
- ☐ 1 tablespoons olive oil

- ☐ 1 onion chopped
- ☐ 4 servings salt and pepper

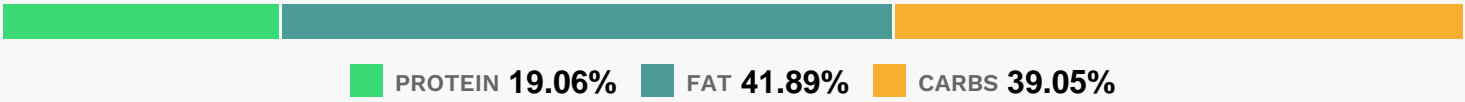
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ potato masher
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350
- ☐ Place the squash in a roasting pan, cover with foil, and place in the oven. Cook for an hour.
- ☐ Meanwhile, toss the pork and beef into a large skillet over medium heat. Cook, breaking up the chunks with a wooden spoon, until browned.
- ☐ Meanwhile, the oil into a large pot over medium heat, add the onion, and cook until soft, about 20 minutes. Dump the tomatoes with the juices, then reduce the heat and simmer.
- ☐ Pour off as much fat from the meat as possible and then add it to the pot.
- ☐ Bring a large pot of water to a boil. When the squash is done, scoop out the flesh and place in a large bowl. Mash with a potato masher for a few minutes.
- ☐ Add the eggs and mash some more.
- ☐ Add the flour and work it in with your hands, until it forms a soft dough.
- ☐ With a tablespoon, scoop up some batter and use a second tablespoon to scrap the dough off into the boiling water. Cook until the gnocchi rise to the top of the water and transfer to a warm platter. Repeat with the rest of the dough.
- ☐ Serve the sauce over the gnocchi and season with salt.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:21.88, Inflammation Score:-10, Nutrition Score:40.696956779646%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 628.16kcal (31.41%), Fat: 30.02g (46.19%), Saturated Fat: 10.16g (63.52%), Carbohydrates: 62.96g (20.99%), Net Carbohydrates: 54.13g (19.68%), Sugar: 14.19g (15.76%), Cholesterol: 162.92mg (54.31%), Sodium: 566.01mg (24.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.74g (61.48%), Vitamin A: 20481.23IU (409.62%), Vitamin C: 60.06mg (72.8%), Vitamin B1: 1.04mg (69.5%), Selenium: 42.07µg (60.1%), Vitamin B3: 11.42mg (57.12%), Vitamin B6: 1.07mg (53.54%), Manganese: 1.01mg (50.43%), Potassium: 1661.28mg (47.47%), Vitamin E: 6.17mg (41.15%), Iron: 7.41mg (41.14%), Phosphorus: 399.47mg (39.95%), Folate: 155.98µg (38.99%), Vitamin B2: 0.62mg (36.48%), Fiber: 8.83g (35.33%), Magnesium: 136.12mg (34.03%), Zinc: 4.98mg (33.23%), Copper: 0.63mg (31.5%), Vitamin B12: 1.81µg (30.1%), Vitamin B5: 2.47mg (24.73%), Calcium: 199.1mg (19.91%), Vitamin K: 15.98µg (15.22%), Vitamin D: 0.5µg (3.31%)