



Fresh Tomato-and-Asparagus Gnocchi

READY IN



30 min.

SERVINGS



4

CALORIES



440 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound asparagus fresh
- ☐ 0.5 cup basil fresh chopped
- ☐ 4 garlic clove pressed
- ☐ 16 oz d gnocchi
- ☐ 2 tablespoons olive oil
- ☐ 4 servings parmesan cheese grated
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 teaspoon salt
- ☐ 0.5 cup onion sweet chopped

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4 large tomatoes seeded chopped

Equipment

☐

frying pan

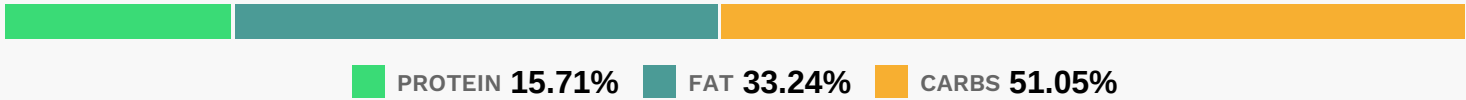
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sauce pan

Directions

- ☐
- Snap off and discard tough ends of asparagus.
- ☐
- Cut asparagus into 2-inch pieces. Fill a 3-qt. saucepan three-fourths full with salted water. Bring to a boil; add asparagus and gnocchi, and cook 2 to 4 minutes or until tender.
- ☐
- Drain.
- ☐
- Saut onion in hot oil in a medium skillet over medium-high heat 5 to 6 minutes or until tender; add garlic, and cook 1 minute.
- ☐
- Add tomatoes, and cook 3 to 5 minutes. Stir in basil, salt, pepper, and asparagus mixture.
- ☐
- Sprinkle each serving with Parmesan cheese; serve immediately.

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:28.41, Inflammation Score:-9, Nutrition Score:23.844782497572%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg 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: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 19.86mg, Quercetin: 19.86mg, Quercetin: 19.86mg, Quercetin: 19.86mg

Nutrients (% of daily need)

Calories: 439.51kcal (21.98%), Fat: 16.83g (25.89%), Saturated Fat: 6.16g (38.51%), Carbohydrates: 58.16g (19.39%), Net Carbohydrates: 50.63g (18.41%), Sugar: 7.98g (8.87%), Cholesterol: 26.1mg (8.7%), Sodium: 1504.58mg

(65.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.9g (35.81%), Vitamin K: 79.25µg (75.47%), Vitamin A: 2792.94IU (55.86%), Iron: 7.4mg (41.12%), Vitamin C: 33.72mg (40.87%), Calcium: 349.57mg (34.96%), Phosphorus: 304.91mg (30.49%), Fiber: 7.54g (30.16%), Manganese: 0.55mg (27.27%), Folate: 94.84µg (23.71%), Vitamin E: 3.46mg (23.05%), Potassium: 763.8mg (21.82%), Selenium: 13.66µg (19.51%), Copper: 0.37mg (18.46%), Vitamin B2: 0.31mg (18.12%), Vitamin B6: 0.34mg (17.08%), Vitamin B1: 0.25mg (16.87%), Zinc: 2.31mg (15.4%), Magnesium: 51.31mg (12.83%), Vitamin B3: 2.29mg (11.46%), Vitamin B12: 0.41µg (6.75%), Vitamin B5: 0.62mg (6.17%)