



Gnocchi and Chicken with Roasted Garlic and Gorgonzola Cream

READY IN



30 min.

SERVINGS



6

CALORIES



576 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 6 roasted garlic cloves minced pressed
- ☐ 6 ounces gorgonzola crumbles
- ☐ 2.3 cups milk
- ☐ 1 pound potato gnocchi
- ☐ 1 roasted chicken shredded store-bought approximately 2 pounds
- ☐ 1.8 ounce sauce mix white

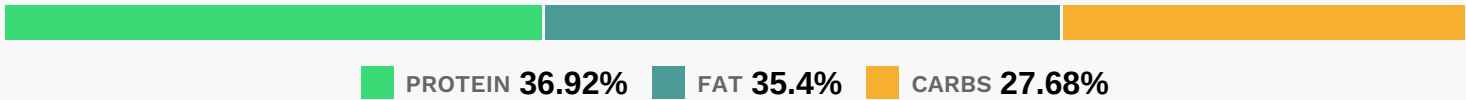
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ To a large pot of boiling salted water, add gnocchi and cook for 3 to 4 minutes or until they float to the surface.
- ☐ Drain and return to pot; cover to keep warm.
- ☐ In a medium saucepan, over medium-high heat, whisk together white sauce mix and milk. Bring to a boil stirring constantly. Reduce heat to simmer and add minced garlic and Gorgonzola crumbles. Continue to simmer, stirring occasionally for 2 to 3 minutes as sauce thickens; remove from heat.
- ☐ Add shredded chicken to gnocchi.
- ☐ Pour sauce over warm gnocchi and chicken, and toss to combine.
- ☐ Serve warm and garnish with chopped fresh parsley.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:19.14, Inflammation Score:-5, Nutrition Score:21.09173901703%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 576.17kcal (28.81%), Fat: 22.28g (34.28%), Saturated Fat: 10.2g (63.74%), Carbohydrates: 39.21g (13.07%), Net Carbohydrates: 37.35g (13.58%), Sugar: 7.77g (8.64%), Cholesterol: 152.24mg (50.75%), Sodium: 738.75mg (32.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.29g (104.57%), Selenium: 45.64µg (65.2%), Vitamin

B3: 13.03mg (65.17%), Phosphorus: 514.69mg (51.47%), Vitamin B6: 0.8mg (39.86%), Calcium: 303.82mg (30.38%), Vitamin B2: 0.47mg (27.9%), Iron: 4.88mg (27.11%), Vitamin B5: 2.41mg (24.1%), Zinc: 3.61mg (24.07%), Vitamin K: 22.87µg (21.78%), Vitamin B12: 1.3µg (21.73%), Potassium: 595.64mg (17.02%), Magnesium: 52.52mg (13.13%), Vitamin B1: 0.17mg (11.05%), Vitamin A: 542.73IU (10.85%), Vitamin D: 1.15µg (7.65%), Fiber: 1.85g (7.41%), Copper: 0.11mg (5.72%), Folate: 20.32µg (5.08%), Manganese: 0.09mg (4.29%), Vitamin C: 2.71mg (3.28%)