



4%
HEALTH SCORE

Gnocchi and Peppers in Balsamic Sauce

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



717 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup balsamic vinegar
- 1 cup butter
- 0.5 cup cherry tomatoes halved
- 6 crimini mushrooms chopped
- 4 leaves basil fresh chopped
- 4 leaves basil fresh chopped
- 3 cloves garlic chopped
- 2 tablespoons olive oil

- 4 small pasilla peppers mixed sweet julienned
- 16 ounce d gnocchi
- 0.5 cup onion diced red
- 4 servings salt to taste

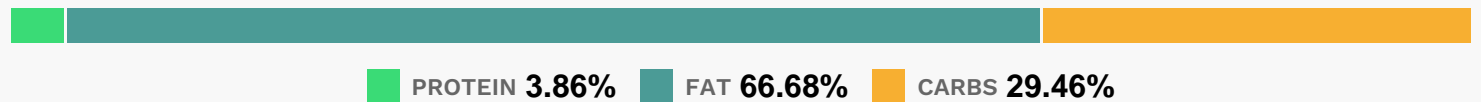
Equipment

- frying pan

Directions

- Cook the gnocchi according to package directions; drain.
- Heat the olive oil in a skillet over medium heat.
- Add garlic to the skillet and cook for 2 minutes.
- Mix in the chopped onions and season with salt; cook until onions begin to soften, about 5 minutes. Stir in the mushrooms, peppers, tomatoes, and basil; cook for another 5 minutes. Stir the butter in to melt.
- Pour the balsamic vinegar into the skillet, stir, reduce heat, and simmer the sauce for 15 to 20 minutes. Toss the cooked gnocchi with the sauce.

Nutrition Facts



Properties

Glycemic Index:93.75, Glycemic Load:29.15, Inflammation Score:-8, Nutrition Score:14.219130182396%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.5mg, Luteolin: 3.5mg, Luteolin: 3.5mg, Luteolin: 3.5mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

Nutrients (% of daily need)

Calories: 716.87kcal (35.84%), Fat: 54.11g (83.25%), Saturated Fat: 30.64g (191.49%), Carbohydrates: 53.79g (17.93%), Net Carbohydrates: 49.2g (17.89%), Sugar: 8.43g (9.37%), Cholesterol: 122.01mg (40.67%), Sodium: 957.87mg (41.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.11%), Vitamin C: 66.1mg (80.13%), Vitamin A: 1836.41IU (36.73%), Iron: 4.97mg (27.63%), Fiber: 4.59g (18.36%), Vitamin E: 2.72mg (18.13%), Vitamin K: 18.45µg (17.57%), Manganese: 0.27mg (13.48%), Vitamin B6: 0.27mg (13.43%), Selenium: 8.88µg (12.69%), Copper: 0.24mg (11.98%), Vitamin B2: 0.2mg (11.75%), Potassium: 395.11mg (11.29%), Phosphorus: 85.49mg (8.55%), Vitamin B3: 1.67mg (8.33%), Calcium: 70.39mg (7.04%), Vitamin B5: 0.65mg (6.5%), Vitamin B1: 0.09mg (6.28%), Folate: 23.57µg (5.89%), Magnesium: 19.94mg (4.99%), Zinc: 0.6mg (3.98%), Vitamin B12: 0.13µg (2.11%)