



Gnocchi and Wilted Spinach Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



578 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound d gnocchi
- 6 ounces baby spinach
- 4 strips bacon thick cut chopped
- 2 shallots thinly sliced
- 0.8 cup walnut pieces
- 1 juice of lemon
- 0.3 nutmeg
- 2 tablespoons honey

0.5 cup cherries dried

Equipment

bowl

frying pan

pot

slotted spoon

Directions

Bring a large pot of salted water to a boil.

Place a large skillet over medium heat.

Add the bacon and sizzle until red and crispy.

Add the shallots to the bacon and saut for 1-2 minutes. Then add the walnuts and nutmeg.

Meanwhile drop the gnocchi into the boiling water. Cook until all the gnocchi are floating~3-4 minutes. Once the gnocchi is ready, use a slotted spoon to transfer it to the skillet.

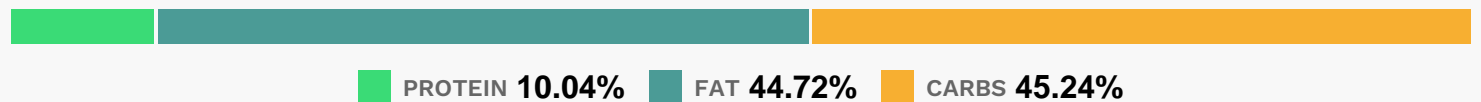
Add the cherries and stir. Finally add the lemon juice, honey and 2-3 Tb. of pasta water. Salt and pepper to taste.

Place the spinach in a large bowl.

Pour the hot gnocchi mixture over the spinach and toss.

Serve immediately!

Nutrition Facts



Properties

Glycemic Index:68.07, Glycemic Load:31.12, Inflammation Score:-10, Nutrition Score:23.056956521739%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.31mg,

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Taste

Sweetness: 38.31%, Saltiness: 100%, Sourness: 19.01%, Bitterness: 23.92%, Savoriness: 51.29%, Fattiness: 73.39%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 578.48kcal (28.92%), Fat: 29.71g (45.7%), Saturated Fat: 6.64g (41.49%), Carbohydrates: 67.61g (22.54%), Net Carbohydrates: 60.69g (22.07%), Sugar: 18.42g (20.47%), Cholesterol: 23.76mg (7.92%), Sodium: 661.21mg (28.75%), Protein: 15g (30%), Vitamin K: 206.08µg (196.27%), Vitamin A: 4544.17IU (90.88%), Manganese: 1.18mg (59.19%), Iron: 6.47mg (35.94%), Fiber: 6.92g (27.68%), Folate: 110.05µg (27.51%), Copper: 0.44mg (21.82%), Vitamin C: 16.19mg (19.63%), Magnesium: 76.09mg (19.02%), Vitamin B6: 0.35mg (17.29%), Phosphorus: 157.37mg (15.74%), Vitamin B1: 0.22mg (14.47%), Potassium: 460.68mg (13.16%), Selenium: 8.98µg (12.83%), Calcium: 107.65mg (10.76%), Vitamin B3: 2.05mg (10.24%), Zinc: 1.41mg (9.38%), Vitamin B2: 0.15mg (8.83%), Vitamin E: 1.19mg (7.92%), Vitamin B5: 0.41mg (4.06%), Vitamin B12: 0.18µg (3%)