

Gnocchi Bake

READY IN



35 min.

SERVINGS



8

CALORIES



374 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound ground sausage italian
- 18 ounce d gnocchi fresh
- 1.5 cups mozzarella cheese shredded
- 14 ounce pasta sauce

Equipment

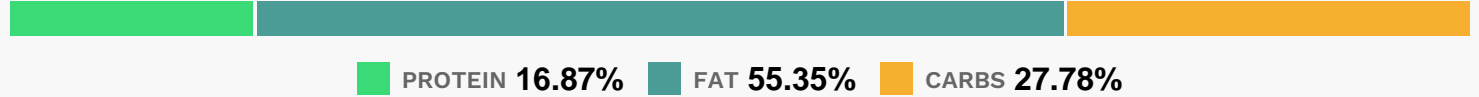
- frying pan
- oven
- pot

casserole dish

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Bring a large pot of lightly salted water to a boil.
- Add gnocchi, and cook until tender, 5 to 8 minutes.
- Meanwhile, crumble the sausage into a skillet over medium-high heat. Cook and stir until evenly browned.
- Drain grease, and stir in the spaghetti sauce.
- Remove from heat, and carefully mix in the cooked gnocchi and half of the mozzarella cheese.
- Transfer to a casserole dish.
- Sprinkle the remaining cheese on top.
- Bake for 15 to 20 minutes in the preheated oven, until the cheese is melted and the sauce is bubbly.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:15.46, Inflammation Score:-3, Nutrition Score:9.58260865056%

Nutrients (% of daily need)

Calories: 374.42kcal (18.72%), Fat: 23.1g (35.53%), Saturated Fat: 9.42g (58.88%), Carbohydrates: 26.09g (8.7%), Net Carbohydrates: 23.87g (8.68%), Sugar: 1.98g (2.2%), Cholesterol: 59.68mg (19.89%), Sodium: 997.54mg (43.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.84g (31.67%), Selenium: 17.93µg (25.61%), Vitamin B1: 0.34mg (22.68%), Iron: 3.53mg (19.63%), Phosphorus: 168.25mg (16.82%), Vitamin B12: 0.99µg (16.58%), Calcium: 135.96mg (13.6%), Vitamin B3: 2.36mg (11.78%), Zinc: 1.74mg (11.58%), Vitamin B6: 0.23mg (11.32%), Vitamin B2: 0.19mg (11%), Fiber: 2.22g (8.87%), Potassium: 306.76mg (8.76%), Vitamin A: 356.78IU (7.14%), Vitamin C: 4.61mg (5.58%), Copper: 0.1mg (5.24%), Vitamin E: 0.75mg (5.03%), Magnesium: 19.58mg (4.89%), Vitamin B5: 0.47mg (4.72%), Manganese: 0.09mg (4.61%), Folate: 10.47µg (2.62%), Vitamin K: 1.87µg (1.78%)