



WHATSheATE



Gnocchi Casserole

READY IN



45 min.

SERVINGS



4

CALORIES



743 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 oz d gnocchi frozen
- ☐ 1 pound sausage meat
- ☐ 1.5 teaspoons penzey's southwest seasoning italian
- ☐ 26 oz pasta sauce
- ☐ 2 cups mozzarella cheese shredded divided

Equipment

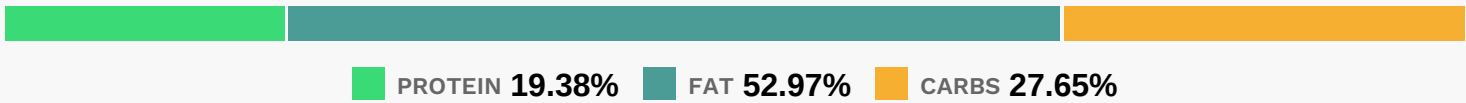
- ☐ frying pan
- ☐ oven

☐ casserole dish

Directions

- ☐ Brown sausage in a skillet over medium heat; drain. Meanwhile, cook gnocchi according to package directions; drain. In a greased 2-quart casserole dish, combine all ingredients except one cup cheese.
- ☐ Bake, uncovered, at 350 degrees for 25 minutes, or until heated through. Top with remaining cheese and bake for another 10 minutes, or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:29.07, Inflammation Score:-7, Nutrition Score:22.153478187063%

Nutrients (% of daily need)

Calories: 742.65kcal (37.13%), Fat: 44.06g (67.78%), Saturated Fat: 17.87g (111.68%), Carbohydrates: 51.75g (17.25%), Net Carbohydrates: 46.05g (16.74%), Sugar: 7.17g (7.96%), Cholesterol: 125.89mg (41.96%), Sodium: 2330.39mg (101.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.26g (72.52%), Iron: 7.63mg (42.4%), Phosphorus: 402.19mg (40.22%), Vitamin B12: 2.24µg (37.34%), Vitamin B3: 7.25mg (36.26%), Calcium: 353.46mg (35.35%), Zinc: 4.52mg (30.14%), Vitamin B6: 0.56mg (27.81%), Vitamin A: 1274.26IU (25.49%), Potassium: 880.52mg (25.16%), Vitamin B1: 0.37mg (24.95%), Vitamin B2: 0.42mg (24.74%), Fiber: 5.7g (22.81%), Vitamin E: 3.11mg (20.75%), Vitamin C: 13.71mg (16.62%), Selenium: 10.66µg (15.23%), Copper: 0.3mg (14.88%), Magnesium: 56.74mg (14.19%), Vitamin B5: 1.42mg (14.16%), Manganese: 0.26mg (12.85%), Vitamin D: 1.7µg (11.32%), Vitamin K: 11.56µg (11.01%), Folate: 23.42µg (5.85%)