



Gnocchi Gratin

READY IN



45 min.

SERVINGS



6

CALORIES



330 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 2 bacon crumbled cooked
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 2 cups milk fat-free
- ☐ 1.5 ounces flour all-purpose
- ☐ 0.3 cup chives fresh chopped
- ☐ 22 ounce d gnocchi
- ☐ 3 ounces gruyère cheese shredded

- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 0.3 teaspoon salt

Equipment

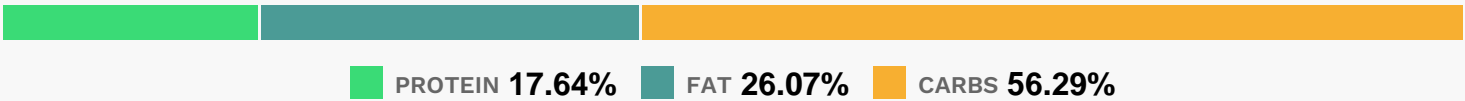
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Cook gnocchi according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ Melt butter in a large saucepan over medium heat. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Add flour, salt, and pepper to pan; cook 1 minute, stirring constantly. Gradually add milk and broth, stirring with a whisk until blended. Bring to a boil; cook until thick, stirring constantly.
- ☐ Remove from heat.
- ☐ Add Gruyere, chives, and bacon; stir until smooth.
- ☐ Add gnocchi; toss well.
- ☐ Spoon mixture into an 11 x 7-inch baking dish coated with cooking spray; sprinkle with Parmesan.
- ☐ Bake at 400 for 20 minutes or until lightly browned.
- ☐ Serve immediately.
- ☐ Wine note: With creamy dishes like this, the texture of the dish is as important as the flavors. A suitably rich and full-bodied white, like Chardonnay, is a good match for the richness of Gruyere and bacon. Try Mezzacorona Chardonnay Vigneti delle Dolomiti 2005 (\$8), from the

north of Italy. It offers bright, fresh fruit and a touch of buttery flavor to complement the cheese. –Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:55.04, Glycemic Load:28.75, Inflammation Score:-4, Nutrition Score:8.8991303884465%

Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 329.87kcal (16.49%), Fat: 9.61g (14.79%), Saturated Fat: 5.43g (33.97%), Carbohydrates: 46.7g (15.57%), Net Carbohydrates: 44.03g (16.01%), Sugar: 4.3g (4.78%), Cholesterol: 28.91mg (9.64%), Sodium: 797.06mg (34.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.64g (29.28%), Calcium: 332.84mg (33.28%), Iron: 4.23mg (23.5%), Phosphorus: 227.99mg (22.8%), Vitamin B12: 0.83µg (13.8%), Selenium: 8.97µg (12.81%), Vitamin B2: 0.21mg (12.41%), Fiber: 2.67g (10.68%), Vitamin A: 494.36IU (9.89%), Vitamin B1: 0.13mg (8.66%), Zinc: 1.2mg (8.01%), Vitamin D: 1.02µg (6.78%), Potassium: 187.04mg (5.34%), Vitamin K: 5.52µg (5.25%), Magnesium: 20.68mg (5.17%), Vitamin B5: 0.49mg (4.87%), Folate: 18.96µg (4.74%), Vitamin B3: 0.94mg (4.72%), Vitamin B6: 0.09mg (4.33%), Manganese: 0.08mg (3.8%), Vitamin C: 1.29mg (1.56%), Copper: 0.03mg (1.45%)