Gnocchi in Fontina Sauce

READY IN	SERVINGS	CALORIES
20 min.	4	642 kcal

SIDE DISH · LUNCH · MAIN COURSE · MAIN DISH

Ingredients

- [ ] 8 ounces fontina italian cubed
- [ ] 1 tablespoon basil fresh chopped
- [ ] 1 pound d gnocchi refrigerated
- [ ] 0.3 cup cup heavy whipping cream
- [ ] 3 tablespoons parmesan cheese freshly grated
- [ ] 2 tablespoons shallots chopped
- [ ] 6 tablespoons butter unsalted

Equipment

- [ ] sauce pan
- [ ] pot

Directions

- [ ] Bring a large pot of lightly salted water to a boil.

- [ ] Add the gnocchi, and cook until tender, about 5 minutes.

- [ ] Drain, and set aside.

- [ ] Once the gnocchi goes into the pot, start the sauce, as you want the gnocchi to be done first. Melt the butter in a saucepan over medium heat.

- [ ] Add the shallots, and cook for a few minutes, until tender. Stir in the cream, and heat to almost a boil. Gradually mix in the fontina and parmesan cheeses, being careful not to boil. Stir until smooth, then remove from the heat immediately, or the sauce may clump.

- [ ] Place gnocchi into serving dishes, and spoon the sauce over them.

- [ ] Garnish with chopped fresh basil.

Nutrition Facts

PROTEIN 12.91% **FAT 60.62%** **CARBS 26.47%**
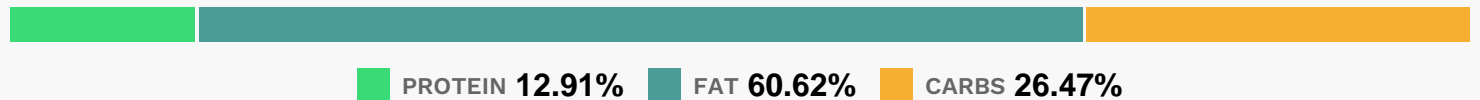
Properties

Glycemic Index:48.75, Glycemic Load:26.01, Inflammation Score:-6, Nutrition Score:9.6452172942784%

Nutrients (% of daily need)

Calories: 641.77kcal (32.09%), Fat: 43.76g (67.32%), Saturated Fat: 27.26g (170.37%), Carbohydrates: 43g (14.33%), Net Carbohydrates: 40.21g (14.62%), Sugar: 1.87g (2.08%), Cholesterol: 136.6mg (45.53%), Sodium: 911.92mg (39.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.96g (41.93%), Calcium: 388.54mg (38.85%), Vitamin A: 1393.01IU (27.86%), Iron: 4.33mg (24.05%), Phosphorus: 239.78mg (23.98%), Vitamin B12: 1.07µg (17.84%), Zinc: 2.24mg (14.92%), Selenium: 10.4µg (14.86%), Fiber: 2.79g (11.15%), Vitamin B2: 0.17mg (10.26%), Vitamin D: 0.99µg (6.61%), Vitamin E: 0.85mg (5.65%), Vitamin K: 5.76µg (5.48%), Vitamin B6: 0.08mg (3.78%), Vitamin B5: 0.34mg (3.45%), Magnesium: 12.43mg (3.11%), Potassium: 85.24mg (2.44%), Folate: 7.09µg (1.77%), Manganese: 0.03mg (1.63%), Vitamin B1: 0.02mg (1.41%), Copper: 0.03mg (1.38%)