



Gnocchi Poutine with Short Rib Ragu and Gremolatta

♥ Popular

READY IN



15 min.

SERVINGS



1

CALORIES



699 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

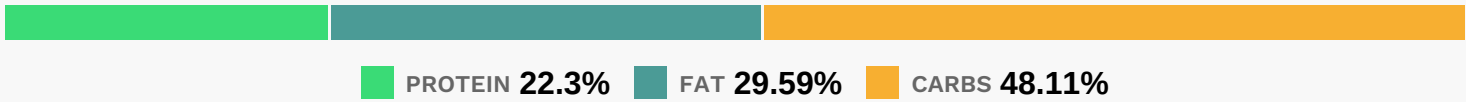
- ☐ 0.5 cup braised short rib ragu hot
- ☐ 0.3 cup cheese curds room temperature
- ☐ 1 cup d gnocchi hot cooked

Equipment

Directions

Pour the ragu over the gnocchi and cheese curds and garnish with the gremolata.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:53.35, Inflammation Score:1, Nutrition Score:15.261304173781%

Nutrients (% of daily need)

Calories: 698.94kcal (34.95%), Fat: 22.94g (35.3%), Saturated Fat: 11.1g (69.38%), Carbohydrates: 83.92g (27.97%), Net Carbohydrates: 78.45g (28.53%), Sugar: 0g (0%), Cholesterol: 100.02mg (33.34%), Sodium: 1060.57mg (46.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.9g (77.79%), Vitamin B12: 4.01µg (66.84%), Iron: 11.07mg (61.51%), Zinc: 5.65mg (37.7%), Calcium: 258.57mg (25.86%), Selenium: 17.03µg (24.33%), Vitamin B6: 0.46mg (23.07%), Phosphorus: 224.76mg (22.48%), Fiber: 5.47g (21.86%), Vitamin B3: 4.04mg (20.18%), Potassium: 422.31mg (12.07%), Vitamin B2: 0.18mg (10.72%), Vitamin B1: 0.11mg (7.41%), Magnesium: 26.02mg (6.51%), Copper: 0.08mg (4.08%), Vitamin B5: 0.38mg (3.79%), Folate: 7.1µg (1.77%)