



Gnocchi Primavera

READY IN



35 min.

SERVINGS



15

CALORIES



132 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound asparagus cut into 1-inch pieces
- ☐ 10 ounce mushrooms sliced
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 pound d gnocchi frozen
- ☐ 0.5 cup cup heavy whipping cream warmed
- ☐ 1 tablespoon olive oil
- ☐ 0.7 cup parmesan grated
- ☐ 1 cup peas frozen

- ☐ 1.5 cups plum tomatoes diced seeded
- ☐ 15 servings salt and pepper
- ☐ 1 tablespoon butter unsalted
- ☐ 0.5 cup vegetable broth low-sodium warmed

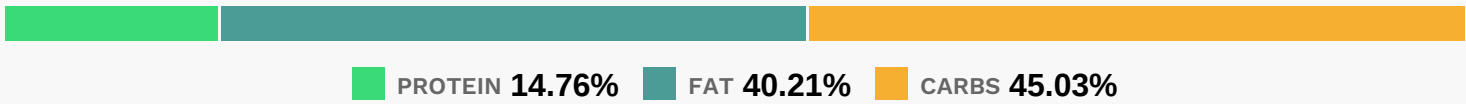
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ microwave

Directions

- ☐ Bring a pot of salted water to boil.
- ☐ Place asparagus in a bowl with 2 Tbsp. water; microwave on high until tender, 3 to 4 minutes.
- ☐ Melt butter with oil in a large skillet over medium heat.
- ☐ Add mushrooms, garlic and 1/2 tsp. salt and saut until mushrooms have given off most of their liquid, about 8 minutes.
- ☐ Add tomatoes and saut until softened, about 3 minutes longer. Stir in peas, cream and broth, bring to a simmer, and cook until slightly thickened, about 5 minutes.
- ☐ Cook gnocchi in boiling water until they float, about 5 minutes for frozen and 2 minutes for shelf-stable, or as package label directs.
- ☐ Drain and add to vegetable mixture, along with asparagus. Stir in Parmesan and toss to coat. Season with salt and pepper, sprinkle with basil and serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.76, Glycemic Load:7.82, Inflammation Score:-5, Nutrition Score:7.0134782739308%

Flavonoids

Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 131.78kcal (6.59%), Fat: 6.13g (9.42%), Saturated Fat: 3.32g (20.72%), Carbohydrates: 15.44g (5.15%), Net Carbohydrates: 13.03g (4.74%), Sugar: 2.42g (2.69%), Cholesterol: 13.99mg (4.66%), Sodium: 373.06mg (16.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.12%), Vitamin K: 18.92µg (18.02%), Vitamin A: 688.4IU (13.77%), Iron: 2.1mg (11.68%), Vitamin C: 9.42mg (11.42%), Vitamin B2: 0.17mg (9.79%), Fiber: 2.4g (9.61%), Phosphorus: 84.53mg (8.45%), Calcium: 78.06mg (7.81%), Copper: 0.15mg (7.65%), Folate: 29.62µg (7.4%), Manganese: 0.13mg (6.73%), Vitamin B3: 1.34mg (6.72%), Vitamin B1: 0.1mg (6.49%), Potassium: 215.13mg (6.15%), Selenium: 3.93µg (5.62%), Vitamin E: 0.73mg (4.83%), Vitamin B6: 0.09mg (4.73%), Vitamin B5: 0.44mg (4.41%), Zinc: 0.57mg (3.81%), Magnesium: 14.53mg (3.63%), Vitamin D: 0.2µg (1.34%), Vitamin B12: 0.08µg (1.25%)