



Gnocchi with Broccoli Fontina Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



432 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 10 cup broccoli florets
- 0.5 cup less-sodium chicken broth fat-free
- 4 ounces fontina grated
- 6 garlic cloves minced
- 32 ounce vacuum-packed gnocchi (such as Alessi)
- 2 teaspoons olive oil
- 0.8 cup onion finely chopped
- 2 ounces parmesan cheese fresh grated

14 cups water

Equipment

frying pan

dutch oven

Directions

Bring water to a boil in a large Dutch oven.

Add broccoli and gnocchi; cook 3 minutes or until done.

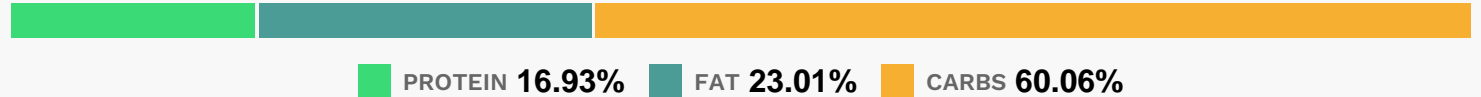
Drain.

Heat oil in a large skillet over medium heat.

Add onion and garlic; cook 3 minutes or until tender, stirring frequently. Stir in broccoli mixture, fontina, broth, and pepper; cook 1 minute or until thoroughly heated.

Sprinkle with Parmesan.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:36.92, Inflammation Score:-9, Nutrition Score:23.334347968516%

Flavonoids

Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 12.03mg, Kaempferol: 12.03mg, Kaempferol: 12.03mg, Kaempferol: 12.03mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 9.06mg, Quercetin: 9.06mg, Quercetin: 9.06mg, Quercetin: 9.06mg

Nutrients (% of daily need)

Calories: 432.29kcal (21.61%), Fat: 11.45g (17.61%), Saturated Fat: 6.14g (38.36%), Carbohydrates: 67.24g (22.41%), Net Carbohydrates: 59.38g (21.59%), Sugar: 3.85g (4.28%), Cholesterol: 28.35mg (9.45%), Sodium: 971.52mg (42.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.96g (37.91%), Vitamin C: 137.7mg (166.91%), Vitamin K: 156.42µg (148.97%), Iron: 6.81mg (37.81%), Calcium: 345.09mg (34.51%), Fiber: 7.86g (31.44%), Folate: 101.44µg (25.36%), Phosphorus: 243.68mg (24.37%), Vitamin A: 1192.37IU (23.85%), Manganese: 0.41mg (20.59%), Vitamin B6: 0.35mg (17.69%), Potassium: 548.08mg (15.66%), Vitamin B2: 0.26mg (15.31%), Selenium: 9.6µg (13.72%),

Magnesium: 47.26mg (11.81%), Zinc: 1.67mg (11.15%), Vitamin B5: 1.06mg (10.59%), Vitamin E: 1.45mg (9.69%),
Copper: 0.19mg (9.59%), Vitamin B1: 0.13mg (8.8%), Vitamin B12: 0.47µg (7.81%), Vitamin B3: 1.17mg (5.87%),
Vitamin D: 0.16µg (1.07%)