



Gnocchi with Butter and Herbs

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



236 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup chives sliced
- ☐ 2 teaspoons dijon mustard
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 2 pounds d gnocchi refrigerated frozen or
- ☐ 8 servings kosher salt and pepper
- ☐ 4 tablespoons butter unsalted cut into pieces

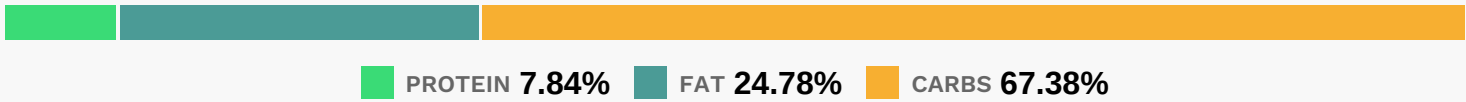
Equipment

- ☐ pot

Directions

- ☐ Cook the gnocchi according to the package directions. Reserve 1/2 cup of the cooking liquid, drain the gnocchi, and return them to the pot.
- ☐ Add the butter, mustard, the reserved cooking water, 1/2 teaspoon salt, and 1/4 teaspoon pepper and toss until the butter has melted. Fold in the parsley and chives.

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:25.62, Inflammation Score:-4, Nutrition Score:5.5965217293605%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 236.38kcal (11.82%), Fat: 6.63g (10.2%), Saturated Fat: 4.05g (25.3%), Carbohydrates: 40.58g (13.53%), Net Carbohydrates: 37.76g (13.73%), Sugar: 0.08g (0.09%), Cholesterol: 15.05mg (5.02%), Sodium: 594.87mg (25.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.44%), Vitamin K: 64.67µg (61.59%), Iron: 4.36mg (24.21%), Fiber: 2.83g (11.31%), Vitamin A: 546.13IU (10.92%), Vitamin C: 5.72mg (6.93%), Calcium: 31.59mg (3.16%), Folate: 7.31µg (1.83%), Vitamin E: 0.2mg (1.32%)