



Gnocchi with Canadian Bacon-Tomato Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



324 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 ounces canadian bacon diced lean
- ☐ 1 teaspoon rubbed sage dried
- ☐ 16 ounce vacuum-packed gnocchi with potato such as bellino
- ☐ 29 ounce no-salt-added tomatoes diced canned
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 4 teaspoons parmesan cheese grated

- ☐ 1 teaspoon bottled roasted garlic minced
- ☐ 1 teaspoon sugar

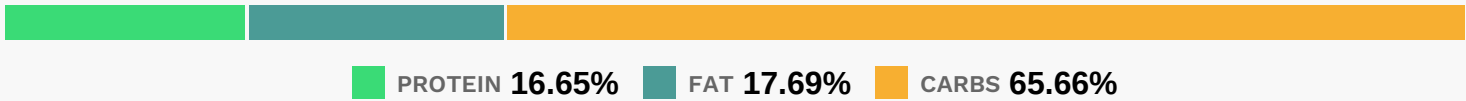
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, bacon, sage, garlic, and oregano; saute 4 minutes.
- ☐ Add sugar, pepper, and diced tomatoes, and reduce heat to medium. Cook sauce 10 minutes, stirring occasionally.
- ☐ Cook the gnocchi according to package directions, omitting salt. Divide the gnocchi evenly among 4 shallow bowls; top each with 3/4 cup sauce and 1 teaspoon cheese.

Nutrition Facts



Properties

Glycemic Index:58.02, Glycemic Load:27.18, Inflammation Score:-6, Nutrition Score:13.029565085535%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 323.61kcal (16.18%), Fat: 6.56g (10.09%), Saturated Fat: 2.17g (13.58%), Carbohydrates: 54.78g (18.26%), Net Carbohydrates: 49.26g (17.91%), Sugar: 7.61g (8.45%), Cholesterol: 18.46mg (6.15%), Sodium: 749.38mg (32.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.9g (27.79%), Iron: 6.51mg (36.17%), Vitamin C: 22.32mg (27.06%), Fiber: 5.52g (22.07%), Vitamin B1: 0.33mg (21.83%), Vitamin B6: 0.4mg (20.18%), Vitamin B3: 3.3mg (16.5%), Potassium: 559.52mg (15.99%), Phosphorus: 152.53mg (15.25%), Calcium: 147.78mg (14.78%), Selenium: 9.35µg (13.36%), Manganese: 0.26mg (13.12%), Vitamin E: 1.83mg (12.18%), Vitamin B2: 0.19mg (11.31%),

Vitamin K: 9.61µg (9.15%), Copper: 0.18mg (8.89%), Magnesium: 34.34mg (8.58%), Folate: 26.18µg (6.54%), Zinc: 0.98mg (6.54%), Vitamin A: 290.39IU (5.81%), Vitamin D: 0.82µg (5.46%), Vitamin B5: 0.46mg (4.64%), Vitamin B12: 0.26µg (4.27%)