



WHATSheATE



Gnocchi with courgette, mascarpone & spring onions

READY IN



20 min.

SERVINGS



2

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 300 g d gnocchi fresh
- ☐ 1 tbsp olive oil
- ☐ 1 to 5 chillies red deseeded sliced
- ☐ 1 medium zucchini with a peeler cut into thin ribbons
- ☐ 4 spring onion chopped
- ☐ 1 lemon zest
- ☐ 2 tbsp mascarpone cheese
- ☐ 50 g parmesan grated (or vegetarian alternative)

☐ 1 leaves asian – teriyaki rice mixed

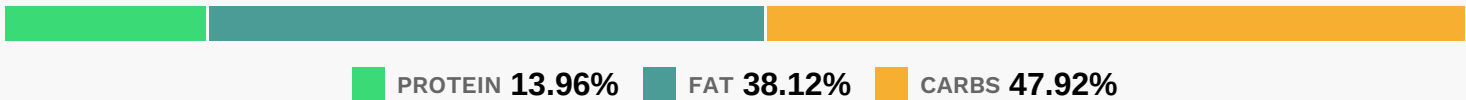
Equipment

- ☐ frying pan
- ☐ ladle
- ☐ grill

Directions

- ☐ Cook the gnocchi following pack instructions.
- ☐ Drain, reserving a ladle of the cooking water, and set aside.
- ☐ Heat the oil in a frying pan. Cook chilli and courgette for 3 mins until soft.
- ☐ Add spring onions, zest, mascarpone, half the Parmesan and cooking water.
- ☐ Mix until smooth, add gnocchi and heat through.
- ☐ Season, divide between 2 ovenproof dishes and scatter with the remaining Parmesan. Grill for 2–3 mins until bubbling and serve with the dressed mixed leaves.

Nutrition Facts



Properties

Glycemic Index:93.5, Glycemic Load:35.45, Inflammation Score:-8, Nutrition Score:17.340434895909%

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 Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 506.01kcal (25.3%), Fat: 21.84g (33.6%), Saturated Fat: 9.96g (62.23%), Carbohydrates: 61.76g (20.59%), Net Carbohydrates: 56.03g (20.37%), Sugar: 4.53g (5.04%), Cholesterol: 32mg (10.67%), Sodium: 933.59mg (40.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.99g (35.99%), Vitamin C: 58.26mg (70.62%), Vitamin K: 61.68µg (58.75%), Calcium: 387.28mg (38.73%), Iron: 6.62mg (36.77%), Phosphorus: 229.65mg (22.97%), Fiber: 5.73g (22.93%), Vitamin A: 1062.23IU (21.24%), Vitamin B6: 0.32mg (15.81%), Manganese: 0.26mg (12.95%), Vitamin B2: 0.22mg (12.73%), Potassium: 422.9mg (12.08%), Folate: 46.23µg (11.56%), Vitamin E: 1.48mg (9.84%),

Magnesium: 39.06mg (9.77%), Selenium: 6.1µg (8.71%), Zinc: 1.16mg (7.74%), Vitamin B1: 0.09mg (5.69%), Copper: 0.11mg (5.58%), Vitamin B12: 0.3µg (5%), Vitamin B3: 0.93mg (4.67%), Vitamin B5: 0.39mg (3.86%)