



Gnocchi with Fresh Tomatoes, Green Olives and Smoked Mozzarella

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



417 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 tablespoons olive oil extra virgin
- ☐ 0.3 mozzarella cheese smoked fresh
- ☐ 2 cloves garlic thinly sliced
- ☐ 1 pound d gnocchi see separate recipe
- ☐ 0.5 cup olives green such as picholine
- ☐ 2 tablespoons marjoram leaves fresh
- ☐ 1 pound plum tomatoes fresh

☐ 4 servings salt and pepper to taste

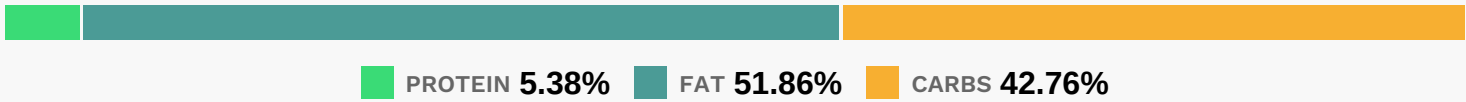
Equipment

- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Bring 6 quarts of water to boil in a large spaghetti pot and add 2 tablespoons of salt.
- ☐ Remove stem ends from tomatoes and chop tomatoes into 1/4-inch cubes, reserving all juices. In a 12-inch to 14-inch saute pan, heat olive oil until, smoking.
- ☐ Add garlic and cook 30 seconds until light brown.
- ☐ Add tomatoes and juices and cook 2 minutes.
- ☐ Add olives and remove from heat.
- ☐ Cut smoked Mozzarella into 1/4-inch cubes and set aside. Drop gnocchi into boiling water and cook until they float (about 3 minutes).
- ☐ Drain gnocchi into colander and carefully pour them in to pan with tomato mixture. Return to heat and toss gently until bubbling.
- ☐ Add Mozzarella, marjoram leaves and season with salt and pepper.
- ☐ Pour into heated serving dish and serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:26.88, Inflammation Score:-7, Nutrition Score:8.9999999360222%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 417.01kcal (20.85%), Fat: 24.71g (38.02%), Saturated Fat: 3.73g (23.28%), Carbohydrates: 45.84g (15.28%), Net Carbohydrates: 41.24g (15%), Sugar: 3.1g (3.44%), Cholesterol: 0.05mg (0.02%), Sodium: 848.76mg (36.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.53%), Vitamin K: 38.26µg (36.44%), Vitamin E: 4.29mg (28.59%), Iron: 4.68mg (25.99%), Vitamin A: 1095.72IU (21.91%), Vitamin C: 17.33mg (21.01%), Fiber: 4.6g (18.41%), Potassium: 287.69mg (8.22%), Manganese: 0.16mg (7.82%), Vitamin B6: 0.12mg (5.77%), Folate: 19.09µg (4.77%), Calcium: 47.54mg (4.75%), Copper: 0.09mg (4.66%), Magnesium: 15.22mg (3.81%), Vitamin B3: 0.74mg (3.69%), Vitamin B1: 0.05mg (3.29%), Phosphorus: 30.99mg (3.1%), Zinc: 0.23mg (1.53%), Vitamin B2: 0.03mg (1.5%), Vitamin B5: 0.12mg (1.18%)