



## Gnocchi with Pumpkin and Sage

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



343 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup alfredo sauce light refrigerated (such as Buitoni)
- 8 ounce baby portobello mushrooms sliced
- 0.5 teaspoon pepper black freshly ground
- 0.5 cup less-sodium chicken broth fat-free
- 1 teaspoon garlic minced
- 1.5 cups leek chopped (1 medium)
- 1 tablespoon olive oil
- 1 ounce pancetta diced finely

- 16 ounce vacuum-packed potato gnocchi
- 0.3 cup pumpkin unsweetened canned
- 0.3 teaspoon rubbed sage
- 0.3 teaspoon salt

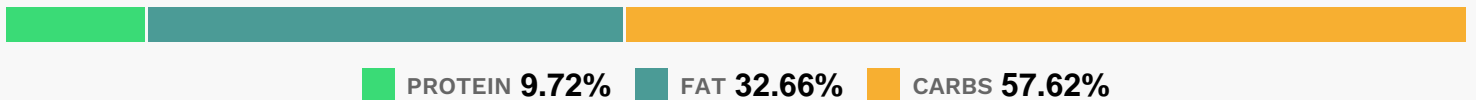
## Equipment

- bowl
- frying pan

## Directions

- Cook gnocchi according to package directions, omitting salt and fat.
- While gnocchi cooks, heat oil in a large nonstick skillet over medium-high heat.
- Add pancetta, and cook 3 minutes or until crisp.
- Add mushrooms, leek, and garlic; saut 7 minutes or until tender. Reduce heat to low. Stir in Alfredo sauce, pumpkin, salt, and pepper; cook 2 minutes or until thoroughly heated. Stir in broth and sage.
- Drain gnocchi.
- Add gnocchi to sauce in pan, and toss gently. Spoon into individual bowls, and garnish with sage leaves, if desired.
- Serve immediately.
- Gnocchi (NYOH-kee) is the word for "dumplings." You can find commercial gnocchi in large supermarkets on the same aisle as dry pasta.

## Nutrition Facts



## Properties

Glycemic Index:40.5, Glycemic Load:26.99, Inflammation Score:-9, Nutrition Score:12.752174102742%

## Flavonoids

Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## **Nutrients (% of daily need)**

Calories: 342.67kcal (17.13%), Fat: 12.69g (19.52%), Saturated Fat: 4.49g (28.07%), Carbohydrates: 50.37g (16.79%), Net Carbohydrates: 45.74g (16.63%), Sugar: 3.94g (4.38%), Cholesterol: 25.01mg (8.34%), Sodium: 914.13mg (39.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.49g (16.98%), Vitamin A: 3738.23IU (74.76%), Iron: 5.37mg (29.84%), Vitamin K: 21.59µg (20.56%), Selenium: 13.13µg (18.76%), Fiber: 4.63g (18.52%), Vitamin B3: 3.21mg (16.04%), Manganese: 0.28mg (13.95%), Copper: 0.24mg (11.91%), Vitamin B6: 0.21mg (10.31%), Folate: 40.05µg (10.01%), Potassium: 337.53mg (9.64%), Phosphorus: 94.94mg (9.49%), Vitamin B5: 0.86mg (8.56%), Vitamin E: 1.07mg (7.15%), Vitamin B2: 0.11mg (6.34%), Vitamin C: 5.1mg (6.18%), Vitamin B1: 0.08mg (5.45%), Calcium: 53.56mg (5.36%), Magnesium: 15.82mg (3.96%), Zinc: 0.48mg (3.18%), Vitamin B12: 0.12µg (2.01%), Vitamin D: 0.2µg (1.32%)