



HEALTH SCORE

51%

Gnocchi with roasted squash & goat's cheese



Vegetarian



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



394 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 450 g butternut squash peeled cut into small chunks
- ☐ 1 garlic clove
- ☐ 2 tbsp olive oil
- ☐ 500 g pack gnocchi
- ☐ 200 g young leaf spinach
- ☐ 100 g goat's cheese

Equipment

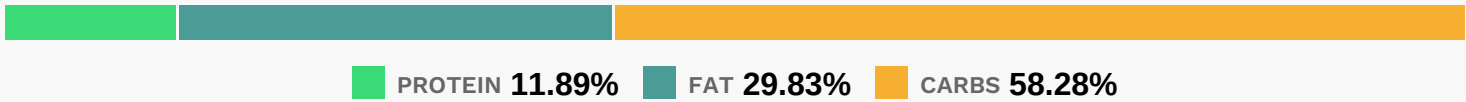
- ☐ frying pan

☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Tip the squash into a roasting tin with the garlic and oil, salt and pepper and mix well. Roast for 20 mins, shaking the pan halfway through, until tender and golden.
- ☐ Meanwhile, boil the gnocchi according to pack instructions. With a few secs to go, throw in the spinach, then drain the gnocchi and spinach together. Tip into the roasting tin, then mix everything together well, mashing the softened garlic. Spoon onto warm serving plates, then crumble over the cheese to serve.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:28.48, Inflammation Score:-10, Nutrition Score:24.118695632271%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 393.62kcal (19.68%), Fat: 13.54g (20.84%), Saturated Fat: 5.15g (32.21%), Carbohydrates: 59.55g (19.85%), Net Carbohydrates: 53.3g (19.38%), Sugar: 2.91g (3.24%), Cholesterol: 11.5mg (3.83%), Sodium: 560.02mg (24.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.15g (24.29%), Vitamin A: 16905.57IU (338.11%), Vitamin K: 247.41µg (235.63%), Vitamin C: 37.91mg (45.95%), Iron: 7.17mg (39.83%), Manganese: 0.71mg (35.66%), Folate: 130.4µg (32.6%), Fiber: 6.25g (25.01%), Vitamin E: 3.69mg (24.59%), Magnesium: 81.94mg (20.48%), Potassium: 684.58mg (19.56%), Vitamin B6: 0.34mg (17.13%), Copper: 0.33mg (16.56%), Calcium: 164.93mg (16.49%), Phosphorus: 126.77mg (12.68%), Vitamin B2: 0.21mg (12.52%), Vitamin B1: 0.17mg (11.37%), Vitamin B3: 1.82mg (9.12%), Vitamin B5: 0.66mg (6.57%), Zinc: 0.67mg (4.48%), Selenium: 1.87µg (2.67%)