



Gnocchi with Sage-Butter Sauce

READY IN

ready

20 min.

SERVINGS

servings

2

CALORIES

calories

779 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 teaspoon sage dried
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 24 ounce potato gnocchi
- ☐ 0.3 teaspoon salt

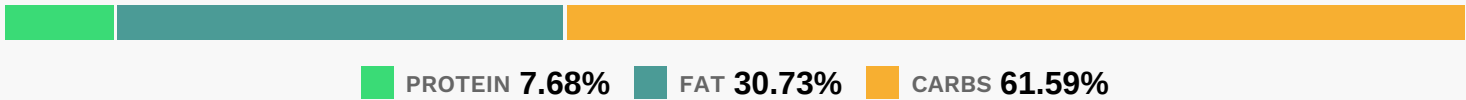
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil over high heat.
- ☐ Add the gnocchi pasta, and cook until they float to the surface, 2 to 3 minutes; drain.
- ☐ Melt the butter in a skillet over medium heat. Stir in the garlic, and cook until the garlic has softened and is beginning to turn golden brown, about 4 minutes. Stir in the sage and salt for a few seconds, then add the cooked gnocchi. Toss gently with 1/4 cup of Parmesan cheese and the pepper.
- ☐ Sprinkle with the remaining 2 tablespoons Parmesan cheese to serve.

Nutrition Facts



Properties

Glycemic Index:90, Glycemic Load:76.89, Inflammation Score:-4, Nutrition Score:6.8439129429019%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 778.63kcal (38.93%), Fat: 27.05g (41.62%), Saturated Fat: 16.69g (104.34%), Carbohydrates: 121.99g (40.66%), Net Carbohydrates: 114.02g (41.46%), Sugar: 0.04g (0.04%), Cholesterol: 65.36mg (21.79%), Sodium: 1714.21mg (74.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.22g (30.44%), Iron: 12.34mg (68.56%), Fiber: 7.97g (31.89%), Vitamin A: 756.79IU (15.14%), Calcium: 123.88mg (12.39%), Vitamin E: 0.69mg (4.61%), Phosphorus: 41.25mg (4.12%), Selenium: 2.26µg (3.23%), Vitamin K: 3.36µg (3.2%), Manganese: 0.06mg (3.18%), Vitamin B12: 0.12µg (1.93%), Zinc: 0.27mg (1.77%), Vitamin B2: 0.03mg (1.72%), Vitamin B6: 0.03mg (1.28%)