



Gnocchi with Sausage and Spinach

READY IN



15 min.

SERVINGS



4

CALORIES



734 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 ounce baby spinach
- ☐ 0.3 teaspoon pepper black
- ☐ 1 clove garlic finely chopped
- ☐ 18 ounce gnocchi 17.5-ounce package shelf-stable gnocchi refrigerated
- ☐ 1 pound sausage italian
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 3 ounces parmesan grated plus more for garnishing
- ☐ 1 medium onion yellow finely chopped

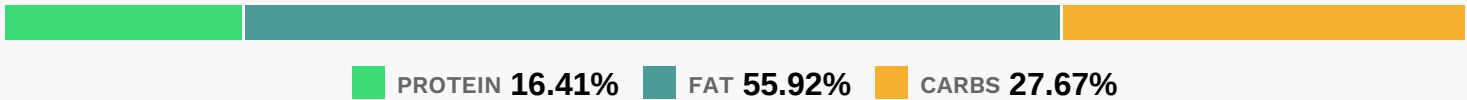
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook the gnocchi according to the package directions, reserving 1/4 cup of the cooking liquid. Meanwhile, heat the oil in a large skillet over medium heat.
- ☐ Add the onion and cook until softened, about 5 minutes.
- ☐ Add the sausage and cook, crumbling it with a spoon, until browned, 5 to 7 minutes.
- ☐ Add the garlic, spinach, salt, and pepper and cook, tossing frequently, until the spinach wilts, about 3 minutes.
- ☐ Add the drained gnocchi, the reserved cooking liquid, and the Parmesan and toss. Divide among individual bowls and sprinkle with additional Parmesan.Tip: Gnocchi are small, quick-cooking dumplings, usually made from potatoes. You'll find them with the fresh or dried pasta in supermarkets, or you can substitute a short pasta, such as rigatoni, penne, or farfalle.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:29.97, Inflammation Score:-10, Nutrition Score:26.4399999909505%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg

Nutrients (% of daily need)

Calories: 733.89kcal (36.69%), Fat: 45.68g (70.27%), Saturated Fat: 17.29g (108.04%), Carbohydrates: 50.85g (16.95%), Net Carbohydrates: 46.61g (16.95%), Sugar: 1.49g (1.66%), Cholesterol: 100.64mg (33.55%), Sodium: 1776.69mg (77.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.15g (60.3%), Vitamin K: 173.96µg (165.67%), Vitamin A: 3490.28IU (69.81%), Selenium: 33.51µg (47.87%), Vitamin B1: 0.69mg (46.29%), Iron: 7.17mg

(39.83%), Calcium: 341.11mg (34.11%), Phosphorus: 335.27mg (33.53%), Vitamin B6: 0.47mg (23.57%), Manganese: 0.45mg (22.61%), Vitamin B12: 1.29µg (21.45%), Folate: 84.58µg (21.14%), Vitamin B3: 4.04mg (20.19%), Vitamin B2: 0.34mg (19.8%), Zinc: 2.86mg (19.06%), Vitamin C: 14.49mg (17.57%), Fiber: 4.24g (16.97%), Potassium: 549.08mg (15.69%), Magnesium: 56.38mg (14.1%), Vitamin E: 1.28mg (8.52%), Copper: 0.16mg (7.92%), Vitamin B5: 0.74mg (7.38%)