



Gnocchi with Sherried Shallots

READY IN



45 min.

SERVINGS



4

CALORIES



560 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups skinned chicken shredded cooked
- 1 cup cooking sherry dry
- 1 cup fat-skimmed chicken broth
- 4 servings fresh-grated nutmeg
- 18 oz d gnocchi refrigerated
- 1.5 cups nonfat cream sour
- 0.3 cup parsley chopped
- 4 servings salt
- 2 cups shallots thinly sliced

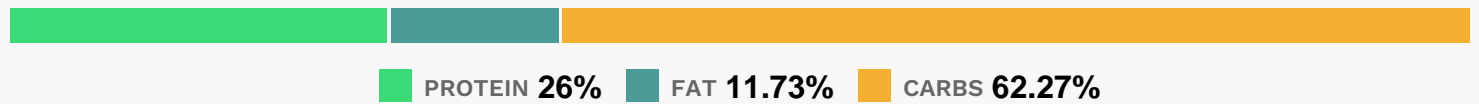
Equipment

- bowl
- frying pan

Directions

- In a 5- to 6-quart pan over high heat, stir shallots and sherry until shallots are limp, about 10 minutes.
- Add sour cream, broth, gnocchi, chicken, and parsley. Stir until gnocchi are hot, about 5 minutes.
- Spoon into bowls and season with nutmeg and salt to taste.

Nutrition Facts



Properties

Glycemic Index:53.75, Glycemic Load:34.27, Inflammation Score:-8, Nutrition Score:25.06260869814%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 560.2kcal (28.01%), Fat: 6.82g (10.5%), Saturated Fat: 2.26g (14.13%), Carbohydrates: 81.52g (27.17%), Net Carbohydrates: 74.21g (26.98%), Sugar: 10.92g (12.13%), Cholesterol: 120.14mg (40.05%), Sodium: 1105.58mg (48.07%), Alcohol: 6.18g (100%), Alcohol %: 1.36% (100%), Protein: 34.04g (68.08%), Vitamin K: 86.62µg (82.49%), Vitamin B6: 1mg (49.87%), Selenium: 34.07µg (48.67%), Iron: 7.57mg (42.07%), Phosphorus: 398.33mg (39.83%), Vitamin B3: 7.38mg (36.88%), Fiber: 7.31g (29.25%), Potassium: 890.55mg (25.44%), Manganese: 0.51mg (25.36%), Vitamin B2: 0.39mg (22.9%), Calcium: 206.11mg (20.61%), Vitamin C: 16.17mg (19.6%), Zinc: 2.88mg (19.22%), Vitamin B12: 1.13µg (18.82%), Vitamin B5: 1.88mg (18.78%), Magnesium: 73.41mg (18.35%), Folate: 64.73µg (16.18%),

Vitamin B1: 0.23mg (15.34%), Vitamin A: 676.3IU (13.53%), Copper: 0.23mg (11.27%), Vitamin E: 0.3mg (1.98%)