



Gnocchi with Shrimp, Asparagus, and Pesto

READY IN



45 min.

SERVINGS



4

CALORIES



391 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups asparagus (1-inch) (1 pound)
- ☐ 1 cup basil
- ☐ 2 teaspoons bottled garlic minced
- ☐ 4 teaspoons olive oil extravirgin
- ☐ 16 ounce d gnocchi (such as Vigo)
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 tablespoons parmesan
- ☐ 2 tablespoons pinenuts toasted
- ☐ 0.3 teaspoon salt

- ☐ 1 pound shrimp deveined peeled coarsely chopped
- ☐ 2 quarts water divided

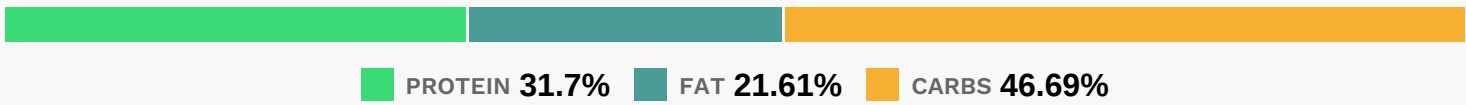
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Bring 2 quarts water to a boil in a Dutch oven.
- ☐ Add gnocchi to pan; cook 4 minutes or until done (gnocchi will rise to surface).
- ☐ Remove gnocchi with a slotted spoon; place in a large bowl.
- ☐ Add asparagus and shrimp to pan; cook 5 minutes or until shrimp are done.
- ☐ Drain.
- ☐ Add shrimp mixture to gnocchi.
- ☐ Combine remaining 1 tablespoon water, basil, and next 4 ingredients (through garlic) in a food processor; process until smooth, scraping sides.
- ☐ Drizzle oil through food chute with food processor on; process until well blended.
- ☐ Add salt and basil mixture to shrimp mixture; toss to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:26.63, Inflammation Score:-8, Nutrition Score:20.699130434705%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 7.64mg, Isorhamnetin: 7.64mg, Isorhamnetin: 7.64mg, Isorhamnetin: 7.64mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 18.79mg, Quercetin: 18.79mg, Quercetin: 18.79mg, Quercetin: 18.79mg

Nutrients (% of daily need)

Calories: 391.36kcal (19.57%), Fat: 9.73g (14.98%), Saturated Fat: 1.82g (11.4%), Carbohydrates: 47.32g (15.77%), Net Carbohydrates: 41.54g (15.11%), Sugar: 2.82g (3.14%), Cholesterol: 184.27mg (61.42%), Sodium: 731.96mg (31.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.13g (64.27%), Vitamin K: 85.83µg (81.74%), Iron: 8.09mg (44.97%), Copper: 0.87mg (43.51%), Manganese: 0.8mg (40.05%), Phosphorus: 365.84mg (36.58%), Vitamin A: 1350.89IU (27.02%), Fiber: 5.77g (23.1%), Magnesium: 81.45mg (20.36%), Folate: 76.21µg (19.05%), Calcium: 187.43mg (18.74%), Zinc: 2.76mg (18.41%), Potassium: 632.57mg (18.07%), Vitamin E: 2.62mg (17.44%), Vitamin B1: 0.22mg (14.56%), Vitamin B2: 0.22mg (12.72%), Vitamin C: 10.37mg (12.57%), Vitamin B6: 0.17mg (8.52%), Vitamin B3: 1.61mg (8.05%), Selenium: 4.06µg (5.79%), Vitamin B5: 0.42mg (4.25%)