



Gnocchi With Squash and Kale

READY IN



35 min.

SERVINGS



4

CALORIES



398 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 medium butternut squash peeled seeded cut into 1/2-inch pieces
- ☐ 1 tablespoon sage fresh roughly chopped
- ☐ 3 cloves garlic thinly sliced
- ☐ 8 cups kale stemmed roughly chopped
- ☐ 4 servings kosher salt
- ☐ 1.3 cups chicken broth low-sodium
- ☐ 0.8 cup pecorino romano cheese grated
- ☐ 17.5 ounce potato gnocchi
- ☐ 0.3 teaspoon pepper flakes red

☐ 2 tablespoons butter unsalted

Equipment

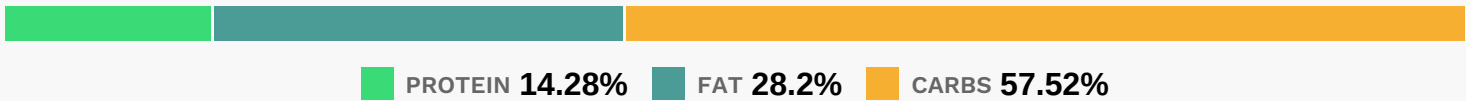
☐ frying pan

☐ broiler

Directions

- ☐ Melt 1 tablespoon butter in a large ovenproof skillet over medium heat.
- ☐ Add the squash and cook, stirring, until slightly soft and golden, about 8 minutes.
- ☐ Add the garlic, sage, red pepper flakes and 1 teaspoon salt; cook until the garlic is soft, about 2 more minutes.
- ☐ Preheat the broiler.
- ☐ Add the chicken broth to the skillet. When it starts to simmer, stir in the kale and cook until it wilts slightly, about 2 minutes.
- ☐ Add the gnocchi, stirring to coat. Cover and cook until the gnocchi are just tender, about 5 minutes. Uncover and stir in 1/4 cup parmesan and the remaining 1 tablespoon butter.
- ☐ Sprinkle with the remaining 1/2 cup parmesan; transfer to the broiler and cook until golden and bubbly, about 3 minutes.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:28.4, Inflammation Score:-10, Nutrition Score:28.754347982614%

Flavonoids

Isorhamnetin: 9.91mg, Isorhamnetin: 9.91mg, Isorhamnetin: 9.91mg, Isorhamnetin: 9.91mg Kaempferol: 19.66mg, Kaempferol: 19.66mg, Kaempferol: 19.66mg, Kaempferol: 19.66mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.52mg, Quercetin: 9.52mg, Quercetin: 9.52mg, Quercetin: 9.52mg

Nutrients (% of daily need)

Calories: 398.25kcal (19.91%), Fat: 12.95g (19.92%), Saturated Fat: 7.56g (47.26%), Carbohydrates: 59.44g (19.81%), Net Carbohydrates: 52.78g (19.19%), Sugar: 2.67g (2.96%), Cholesterol: 34.55mg (11.52%), Sodium: 890.66mg (38.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.76g (29.52%), Vitamin A: 14451.43IU (289.03%), Copper: 4.69mg (234.46%), Vitamin K: 165.9µg (158%), Vitamin C: 59.62mg (72.26%), Calcium: 395.05mg (39.51%), Iron: 6.32mg (35.13%), Manganese: 0.66mg (32.99%), Fiber: 6.66g (26.64%), Phosphorus: 224.71mg (22.47%), Potassium: 575.29mg (16.44%), Vitamin B2: 0.26mg (15.52%), Magnesium: 57.6mg (14.4%), Vitamin B3: 2.68mg (13.39%), Folate: 52.98µg (13.24%), Vitamin B6: 0.26mg (13.01%), Vitamin E: 1.88mg (12.55%), Vitamin B1: 0.16mg (10.52%), Zinc: 0.93mg (6.19%), Selenium: 3.98µg (5.69%), Vitamin B5: 0.51mg (5.15%), Vitamin B12: 0.3µg (4.93%), Vitamin D: 0.2µg (1.32%)