



Gnocchi with Turkey, Peas, and Mushrooms

READY IN



45 min.

SERVINGS



4

CALORIES



411 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounce cremini mushrooms sliced
- 0.3 teaspoon pepper red crushed
- 1 tablespoon basil fresh chopped
- 2 garlic cloves minced
- 16 ounce vacuum-packed gnocchi (such as Vigo)
- 0.3 teaspoon ground pepper red
- 1 pound ground turkey breast
- 1 ounce parmesan cheese fresh grated
- 10 ounce peas green frozen thawed

0.8 teaspoon salt divided

Equipment

bowl

frying pan

sauce pan

Directions

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.

Add garlic and turkey to pan; cook 5 minutes or until turkey is no longer pink, stirring to crumble.

Add crushed red and ground red peppers; cook 1 minute. Spoon turkey mixture into a bowl.

Recoat pan with cooking spray; return pan to medium-high heat.

Add 1/2 teaspoon salt and mushrooms to pan; saut 5 minutes. Stir in peas; cook 1 minute. Stir in turkey mixture; cook 3 minutes or until thoroughly heated. Cover and set aside.

Bring a large saucepan of water to a boil.

Add gnocchi to pan; cook just until gnocchi begin to float.

Drain gnocchi, reserving 1/2 cup cooking liquid.

Combine turkey mixture, remaining 1/4 teaspoon salt, 1/2 cup cooking liquid, and gnocchi in a large bowl; toss well.

Sprinkle with cheese and basil.

Serve warm.

Nutrition Facts



PROTEIN 37.33% **FAT 11.39%** **CARBS 51.28%**

Properties

Glycemic Index:67.83, Glycemic Load:28.52, Inflammation Score:-7, Nutrition Score:26.163912954538%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg 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: 411.47kcal (20.57%), Fat: 5.31g (8.16%), Saturated Fat: 2.22g (13.9%), Carbohydrates: 53.74g (17.91%), Net Carbohydrates: 46.62g (16.95%), Sugar: 5.09g (5.65%), Cholesterol: 67.19mg (22.4%), Sodium: 1001.13mg (43.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.12g (78.24%), Vitamin B3: 14.7mg (73.52%), Selenium: 42.93µg (61.32%), Vitamin B6: 1.19mg (59.27%), Phosphorus: 454.5mg (45.45%), Iron: 6.36mg (35.33%), Vitamin C: 29mg (35.16%), Vitamin B2: 0.52mg (30.49%), Fiber: 7.12g (28.47%), Zinc: 3.72mg (24.83%), Copper: 0.48mg (24.24%), Potassium: 780.52mg (22.3%), Vitamin B1: 0.32mg (21.29%), Manganese: 0.42mg (20.79%), Vitamin B5: 1.97mg (19.65%), Vitamin K: 20.03µg (19.08%), Folate: 70.36µg (17.59%), Magnesium: 65.58mg (16.39%), Vitamin A: 741.47IU (14.83%), Calcium: 142.39mg (14.24%), Vitamin B12: 0.72µg (12%), Vitamin D: 0.55µg (3.64%), Vitamin E: 0.28mg (1.89%)