



Gnocchi with Walnut-Arugula Pesto

READY IN



10 min.

SERVINGS



4

CALORIES



323 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 cups arugula divided loosely packed
- 0.3 teaspoon ground pepper
- 2 tablespoons olive oil
- 1.5 ounces parmesan cheese divided freshly grated
- 14 ounce potato gnocchi frozen store-bought
- 0.5 teaspoon salt
- 0.3 cup walnuts
- 1 tablespoon water

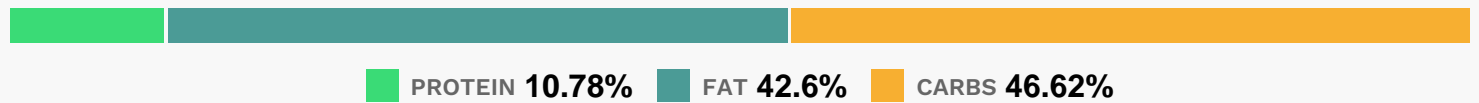
Equipment

- food processor
- bowl
- pot

Directions

- Place 4 cups arugula, 1 cup Parmesan cheese, walnuts, salt, and pepper in a food processor and pulse until incorporated, 30 seconds. With motor running, drizzle in olive oil and water, and process until smooth, another 30 seconds, adding more water by the tablespoonful if necessary.
- Cook gnocchi according to package directions; drain. Return gnocchi to pot and add pesto.
- Divide remaining 2 cups arugula among 4 bowls and toss with the gnocchi.
- Sprinkle with remaining Parmesan and serve immediately.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:22.69, Inflammation Score:-6, Nutrition Score:8.9456521752088%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 323.02kcal (16.15%), Fat: 15.71g (24.17%), Saturated Fat: 3.48g (21.73%), Carbohydrates: 38.69g (12.9%), Net Carbohydrates: 35.4g (12.87%), Sugar: 0.81g (0.9%), Cholesterol: 9.25mg (3.08%), Sodium: 821.69mg (35.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.94g (17.89%), Vitamin K: 37.5µg (35.71%), Iron: 4.32mg (24.02%), Manganese: 0.37mg (18.58%), Calcium: 169.91mg (16.99%), Vitamin A: 806.01IU (16.12%), Fiber: 3.29g (13.17%), Phosphorus: 108.5mg (10.85%), Folate: 36.93µg (9.23%), Vitamin E: 1.24mg (8.29%), Magnesium: 29.63mg (7.41%), Copper: 0.15mg (7.29%), Selenium: 4.18µg (5.97%), Vitamin C: 4.6mg (5.57%), Zinc: 0.83mg (5.53%),

Potassium: 164.3mg (4.69%), Vitamin B2: 0.07mg (4.33%), Vitamin B6: 0.07mg (3.51%), Vitamin B1: 0.04mg (2.74%),
Vitamin B12: 0.14µg (2.39%), Vitamin B5: 0.21mg (2.09%)