

Gnocci with vegetables and feta

 Gluten Free

READY IN



20 min.

SERVINGS



1

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 serving butter
- 1 serving feta cheese
- 1 clove garlic
- 1 serving olive oil
- 0.5 onion
- 1 paprika
- 1 serving parmesan
- 1 serving pepperoni

- 1 serving rosemary
- 5 sage
- 0.3 zucchini

Equipment

Directions

- put butter and olive oil into pancut paprika, zucchini in small slices, put into pancut onion and garlic in small cubesadd sage leavsassadd saltadd rosemary... wait ...put gnocci into boiling watermake small pieces of fetaturn down heat of panadd gnocci into panput feta pieces into panwait a little moreput on plateadd parmesan

Nutrition Facts

PROTEIN 16.27% **FAT 75.46%** **CARBS 8.27%**

Properties

Glycemic Index:289, Glycemic Load:2.33, Inflammation Score:-8, Nutrition Score:19.242608713067%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.65mg, Quercetin: 11.65mg, Quercetin: 11.65mg, Quercetin: 11.65mg

Nutrients (% of daily need)

Calories: 538.85kcal (26.94%), Fat: 45.65g (70.23%), Saturated Fat: 18.49g (115.54%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 9.21g (3.35%), Sugar: 4.34g (4.82%), Cholesterol: 85.01mg (28.34%), Sodium: 1306.11mg (56.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.14g (44.29%), Calcium: 543.19mg (54.32%), Phosphorus: 403.39mg (40.34%), Copper: 0.73mg (36.62%), Vitamin B2: 0.52mg (30.53%), Selenium: 20.32µg (29.03%), Vitamin B6: 0.49mg (24.44%), Manganese: 0.46mg (22.79%), Vitamin A: 1113.55IU (22.27%), Vitamin B12: 1.24µg (20.66%), Vitamin C: 16.77mg (20.33%), Vitamin E: 2.92mg (19.49%), Zinc: 2.76mg (18.43%), Vitamin K: 15.34µg (14.61%), Vitamin B1: 0.2mg (13.28%), Potassium: 411.73mg (11.76%), Vitamin B3: 2.26mg (11.29%), Magnesium: 44.4mg (11.1%), Folate: 40.27µg (10.07%), Vitamin B5: 1.01mg (10.07%), Iron: 1.56mg (8.69%), Fiber: 2.06g (8.23%), Vitamin D: 0.63µg (4.23%)