



Gratineed Gnocchi with Spinach and Ricotta

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



444 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 oz baby spinach
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 teaspoon flour all-purpose
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.7 cup heavy whipping cream
- ☐ 0.5 cup part-skim ricotta
- ☐ 1 lb d gnocchi
- ☐ 0.5 teaspoon salt

☐ 0.7 cup mozzarella cheese shredded

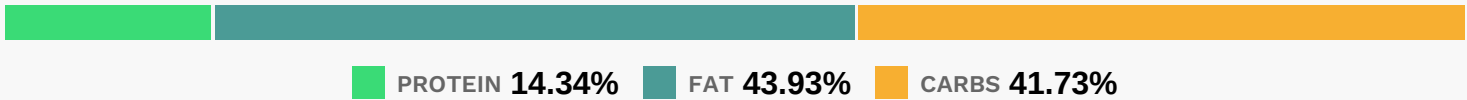
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ broiler
- ☐ tongs
- ☐ colander

Directions

- ☐ Preheat broiler.
- ☐ Cook gnocchi in a 5-quart pot of boiling salted water according to package instructions (gnocchi will float to surface when done).
- ☐ Drain in a colander.
- ☐ Whisk together cream, flour, salt, pepper, and nutmeg in a 12-inch ovenproof skillet, then bring to a boil over moderate heat, whisking. Continue to boil, whisking frequently, until reduced by half, about 2 minutes.
- ☐ Add spinach in handfuls, tossing with tongs, and cook until wilted, 2 to 4 minutes.
- ☐ Remove from heat, then stir in gnocchi. Spoon ricotta over gnocchi in 5 large dollops and sprinkle with mozzarella. Broil 4 to 6 inches from heat until cheese is browned and bubbling in spots, about 2 minutes. Season with pepper.

Nutrition Facts



Properties

Glycemic Index:76, Glycemic Load:26.35, Inflammation Score:-10, Nutrition Score:26.600434790487%

Flavonoids

Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 6.78mg, Kaempferol: 6.78mg, Kaempferol: 6.78mg, Kaempferol: 6.78mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 443.67kcal (22.18%), Fat: 22.26g (34.25%), Saturated Fat: 13.64g (85.22%), Carbohydrates: 47.59g (15.86%), Net Carbohydrates: 42.55g (15.47%), Sugar: 1.91g (2.13%), Cholesterol: 69.18mg (23.06%), Sodium: 925.66mg (40.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.35g (32.7%), Vitamin K: 515.81µg (491.24%), Vitamin A: 10798.51IU (215.97%), Folate: 213.71µg (53.43%), Manganese: 1mg (49.94%), Iron: 7.26mg (40.34%), Vitamin C: 30.11mg (36.5%), Calcium: 334.13mg (33.41%), Magnesium: 95.75mg (23.94%), Vitamin B2: 0.39mg (22.79%), Fiber: 5.04g (20.17%), Phosphorus: 198.71mg (19.87%), Potassium: 687.7mg (19.65%), Vitamin E: 2.58mg (17.22%), Selenium: 10.7µg (15.29%), Vitamin B6: 0.24mg (11.76%), Zinc: 1.63mg (10.84%), Vitamin B12: 0.58µg (9.65%), Copper: 0.16mg (7.99%), Vitamin B1: 0.11mg (7.03%), Vitamin D: 0.74µg (4.94%), Vitamin B3: 0.86mg (4.29%), Vitamin B5: 0.28mg (2.76%)