



Lemon Gnocchi with Spinach and Peas

READY IN



20 min.

SERVINGS



4

CALORIES



346 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup peas frozen thawed (not)
- 3 ounces baby spinach packed
- 1 garlic clove smashed
- 1 pound d gnocchi dried (preferably De Cecco)
- 0.5 cup cup heavy whipping cream
- 1.5 teaspoons juice of lemon fresh
- 1 teaspoon lemon zest grated
- 0.3 cup parmesan grated
- 0.3 teaspoon pepper dried hot

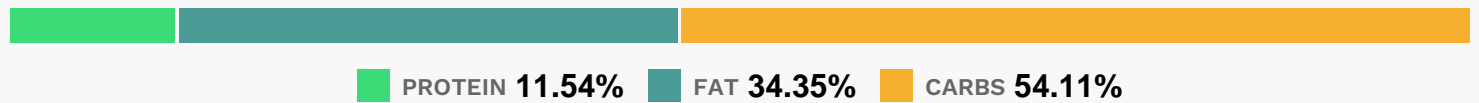
Equipment

- frying pan
- pot

Directions

- Simmer peas with cream, red-pepper flakes, garlic, and 1/4 teaspoon salt in a 12-inch heavy skillet, covered, until tender, about 5 minutes.
- Add spinach and cook over medium-low heat, uncovered, stirring, until wilted.
- Remove from heat and stir in lemon zest and juice.
- Meanwhile, cook gnocchi in a pasta pot of boiling salted water (3 tablespoons salt for 6 quarts water) until al dente. Reserve 1/2 cup pasta-cooking water, then drain gnocchi.
- Add gnocchi to sauce with cheese and some of reserved cooking water and stir to coat. Thin with additional cooking water if necessary.

Nutrition Facts



Properties

Glycemic Index:50.33, Glycemic Load:27.19, Inflammation Score:-9, Nutrition Score:15.960869535156%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 345.73kcal (17.29%), Fat: 13.48g (20.74%), Saturated Fat: 8.35g (52.21%), Carbohydrates: 47.78g (15.93%), Net Carbohydrates: 42.51g (15.46%), Sugar: 3.15g (3.5%), Cholesterol: 37.87mg (12.62%), Sodium: 513.41mg (22.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.19g (20.37%), Vitamin K: 112.89µg (107.51%), Vitamin A: 2794.69IU (55.89%), Iron: 5.31mg (29.51%), Vitamin C: 22.26mg (26.98%), Fiber: 5.27g (21.09%), Manganese: 0.36mg (17.79%), Folate: 66.94µg (16.73%), Calcium: 148.98mg (14.9%), Phosphorus: 111.93mg (11.19%), Vitamin B2:

0.17mg (9.85%), Magnesium: 34.15mg (8.54%), Vitamin B1: 0.12mg (8.26%), Potassium: 249.28mg (7.12%), Vitamin B6: 0.13mg (6.62%), Zinc: 0.82mg (5.48%), Vitamin E: 0.82mg (5.46%), Copper: 0.1mg (5.05%), Vitamin B3: 0.97mg (4.85%), Selenium: 3.3µg (4.72%), Vitamin D: 0.51µg (3.38%), Vitamin B12: 0.12µg (2.04%), Vitamin B5: 0.17mg (1.65%)