



## Mushroom Gnocchi

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 tablespoons butter
- 16 oz button mushrooms fresh quartered
- 0.5 cup flat-leaf parsley leaves fresh loosely packed
- 4 garlic cloves thinly sliced
- 16 oz d gnocchi (such as Gia Russa)
- 0.5 teaspoon kosher salt
- 4 oz gourmet mushroom blend fresh
- 0.5 teaspoon pepper

3 tablespoons shallots fresh sliced

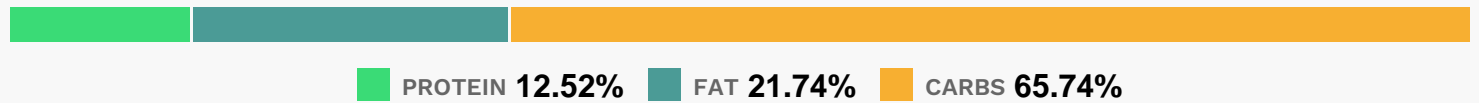
## Equipment

frying pan

## Directions

- Prepare gnocchi according to package directions. Melt 2 Tbsp. butter in a large skillet over medium-high heat.
- Add button mushrooms and mushroom blend; saut 3 minutes or until lightly browned and liquid evaporates.
- Add shallots and garlic; saut 2 minutes or until shallots are tender.
- Add 2 Tbsp. butter to skillet; cook 2 minutes or until lightly browned.
- Add gnocchi; gently toss. Stir in parsley, salt, and pepper.

## Nutrition Facts



## Properties

Glycemic Index:76.5, Glycemic Load:27.47, Inflammation Score:-7, Nutrition Score:17.26869562657%

## Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 281.68kcal (14.08%), Fat: 7.16g (11.02%), Saturated Fat: 4.11g (25.71%), Carbohydrates: 48.74g (16.25%), Net Carbohydrates: 43.66g (15.88%), Sugar: 3.61g (4.01%), Cholesterol: 15.05mg (5.02%), Sodium: 734mg (31.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.28g (18.56%), Vitamin K: 124.01µg (118.1%), Vitamin B2: 0.53mg (31.32%), Iron: 5.4mg (30%), Vitamin B3: 5.33mg (26.66%), Vitamin B5: 2.2mg (22.04%), Copper: 0.43mg (21.56%), Fiber: 5.08g (20.3%), Selenium: 12.77µg (18.24%), Vitamin C: 13.89mg (16.84%), Vitamin A: 808.67IU (16.17%), Potassium: 530.48mg (15.16%), Phosphorus: 144.79mg (14.48%), Vitamin B6: 0.27mg (13.59%), Manganese: 0.24mg (11.76%), Folate: 37.26µg (9.31%), Vitamin B1: 0.11mg (7.58%), Zinc: 1.04mg (6.91%), Magnesium: 22.53mg (5.63%), Calcium: 48.17mg (4.82%), Vitamin D: 0.34µg (2.27%), Vitamin E: 0.24mg (1.59%)