




 9%  
HEALTH SCORE

# Pesto Gnocchi


 Vegetarian  Vegan  Dairy Free

READY IN




25 min.

SERVINGS



4

CALORIES



295 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 16 ounces d gnocchi
- 2 teaspoons olive oil
- 1 cup zucchini diced
- 0.5 cup bell pepper sweet yellow chopped
- 0.3 cup basil pesto prepared
- 1 cup tomatoes chopped
- 1 serving pinenuts toasted

## Equipment

frying pan

## Directions

Cook gnocchi according to package directions; drain.

Meanwhile, in a large skillet, heat oil over medium-high heat; saute zucchini and pepper until zucchini is tender.

Add pesto and gnocchi, stirring gently to coat. Stir in tomatoes. If desired, top with pine nuts.

## Nutrition Facts



**PROTEIN 8.52%** **FAT 31.38%** **CARBS 60.1%**

## Properties

Glycemic Index:30.25, Glycemic Load:26.05, Inflammation Score:-6, Nutrition Score:8.1269565069157%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

## Nutrients (% of daily need)

Calories: 295.2kcal (14.76%), Fat: 10.53g (16.2%), Saturated Fat: 1.88g (11.72%), Carbohydrates: 45.38g (15.13%), Net Carbohydrates: 41.5g (15.09%), Sugar: 2.34g (2.6%), Cholesterol: 1.24mg (0.41%), Sodium: 534.15mg (23.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.86%), Vitamin C: 44.85mg (54.36%), Iron: 4.62mg (25.68%), Manganese: 0.34mg (16.96%), Fiber: 3.88g (15.54%), Vitamin A: 722.75IU (14.45%), Vitamin K: 6.83µg (6.5%), Potassium: 223.62mg (6.39%), Calcium: 58.79mg (5.88%), Vitamin B6: 0.11mg (5.7%), Vitamin E: 0.76mg (5.06%), Folate: 18.72µg (4.68%), Copper: 0.09mg (4.57%), Magnesium: 18.19mg (4.55%), Phosphorus: 39.56mg (3.96%), Vitamin B3: 0.64mg (3.18%), Vitamin B1: 0.04mg (2.8%), Vitamin B2: 0.05mg (2.74%), Zinc: 0.36mg (2.37%), Vitamin B5: 0.14mg (1.36%)