



 **23%**  
HEALTH SCORE

# Polenta gnocchi with savoy cabbage and cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



459 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.3 cup buckwheat flour
- 2 tbsp butter
- 0.5 lb precooked polenta tube cooked
- 1 eggs
- 0.5 cup fontina
- 1 clove garlic
- 2 servings sage

- 2 servings salt
- 0.5 savoy cabbage

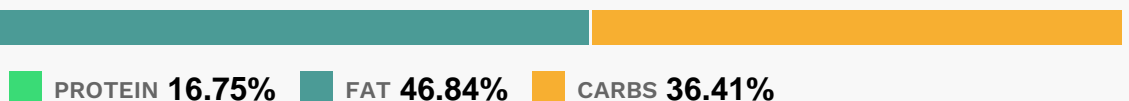
## Equipment

- bowl
- pot
- blender
- microwave

## Directions

- Put the cold precooked polenta in a mixer and blend it with the egg until creamy.
- Add the buckwheat flour. You will need more or less 1/3 of a cup, but a lot depends on how sticky your polenta.
- Add enough flour to get a soft dough that doesn't stick to your hand. Form the gnocchi on a floured surface by rolling out the dough in long logs, more or less as thick as a thumb and then cut them in gnocchi. If you want the gnocchi to look super nice, roll them on a fork to give them the characteristic stripes (I never do).
- Place the gnocchi in the fridge while you prepare the sauce.
- Cut the savoy cabbage in stripes, wash it and stew it with a bit of water until wilted.
- Drain it and sautee it with 1 spoon butter and salt until cooked. Prepare the cheese by dicing it and the rest of the butter by melting it with the sage and the garlic. Cook the gnocchi in salted boiling water in batches. Throw 10-20 gnocchi in the pot of boiling water and fish them out once they start floating.
- Drain them and add them to a bowl. Dress with cheese, cabbage and butter and keep layering the ingredients in the bowl until you run out. Do not mix the gnocchi in the bowl, as they are rather soft and would break. If the cheese didn't melt much, you can microwave the bowl for a couple of minutes.
- Serve piping hot.

## Nutrition Facts



## Properties

Glycemic Index:69.5, Glycemic Load:2.44, Inflammation Score:-10, Nutrition Score:29.854347826087%

## Flavonoids

Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Apigenin: 1.55mg, Apigenin: 1.55mg, Apigenin: 1.55mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

## Taste

Sweetness: 17.64%, Saltiness: 100%, Sourness: 37.51%, Bitterness: 40.93%, Savoriness: 56.44%, Fattiness: 47.08%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 458.59kcal (22.93%), Fat: 24.94g (38.37%), Saturated Fat: 14.52g (90.74%), Carbohydrates: 43.62g (14.54%), Net Carbohydrates: 34.27g (12.46%), Sugar: 6.36g (7.06%), Cholesterol: 150.65mg (50.22%), Sodium: 648.06mg (28.18%), Protein: 20.07g (40.14%), Vitamin K: 158.14µg (150.61%), Vitamin C: 70.22mg (85.11%), Vitamin A: 3060.24IU (61.2%), Folate: 204.73µg (51.18%), Manganese: 0.87mg (43.59%), Fiber: 9.35g (37.4%), Phosphorus: 337.83mg (33.78%), Vitamin B6: 0.65mg (32.58%), Magnesium: 126.86mg (31.72%), Calcium: 290.68mg (29.07%), Selenium: 18.12µg (25.89%), Copper: 0.41mg (20.73%), Potassium: 717.83mg (20.51%), Vitamin B1: 0.28mg (18.65%), Zinc: 2.78mg (18.54%), Vitamin B2: 0.29mg (16.86%), Iron: 2.39mg (13.27%), Vitamin B12: 0.77µg (12.91%), Vitamin B5: 1.1mg (11.01%), Vitamin B3: 2.19mg (10.93%), Vitamin E: 1.12mg (7.47%), Vitamin D: 0.64µg (4.25%)