



Potato Gnocchi With Pancetta, Peas and Sage

READY IN



80 min.

SERVINGS



6

CALORIES



486 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

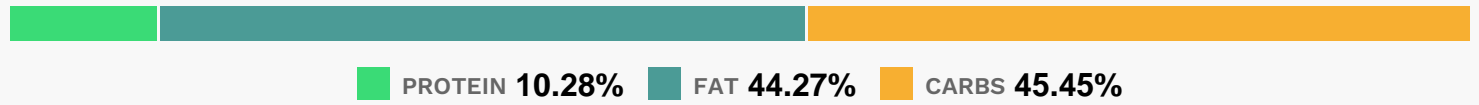
Ingredients

- 2 pounds baking potatoes
- 6 tablespoons butter
- 14 ounce chicken broth unsalted canned
- 1 eggs lightly beaten
- 1.5 cups flour all-purpose
- 2 garlic clove minced
- 2 tablespoons olive oil
- 3 ounces pancetta chopped
- 0.3 cup parmesan grated

- 1 cup peas frozen thawed
- 16 sage sliced in a chiffonade
- 1 tablespoon salt

Equipment

Nutrition Facts



Properties

Glycemic Index:51.85, Glycemic Load:39.81, Inflammation Score:-7, Nutrition Score:17.435217391304%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 485.95kcal (24.3%), Fat: 24.09g (37.07%), Saturated Fat: 10.76g (67.22%), Carbohydrates: 55.67g (18.56%), Net Carbohydrates: 51.45g (18.71%), Sugar: 2.76g (3.06%), Cholesterol: 70.89mg (23.63%), Sodium: 1678.83mg (72.99%), Protein: 12.59g (25.17%), Vitamin B1: 0.49mg (32.94%), Vitamin B6: 0.64mg (32.15%), Manganese: 0.62mg (30.75%), Copper: 0.6mg (29.88%), Selenium: 18.22µg (26.03%), Folate: 98.25µg (24.56%), Vitamin B3: 4.66mg (23.3%), Vitamin C: 18.6mg (22.54%), Potassium: 784.94mg (22.43%), Phosphorus: 214.43mg (21.44%), Vitamin B2: 0.34mg (20%), Iron: 3.44mg (19.11%), Fiber: 4.22g (16.86%), Magnesium: 55.45mg (13.86%), Vitamin A: 615.05IU (12.3%), Vitamin K: 12.71µg (12.1%), Zinc: 1.41mg (9.39%), Calcium: 93.83mg (9.38%), Vitamin B5: 0.85mg (8.54%), Vitamin E: 1.24mg (8.24%), Vitamin B12: 0.22µg (3.72%), Vitamin D: 0.22µg (1.49%)