



HEALTH SCORE

53%

Potato Gnocchi with Spinach and Yellow Squash



Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



297 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons bottled garlic minced
- ☐ 0.3 cup milk fat-free
- ☐ 1 tablespoon olive oil
- ☐ 1 pound vacuum-packed potato gnocchi (such as Ferrara)
- ☐ 2 ounces sharp provolone cheese smoked shredded grated
- ☐ 0.1 teaspoon salt

- ☐ 10 ounce pkt spinach fresh
- ☐ 1 baby squash yellow thinly sliced quartered

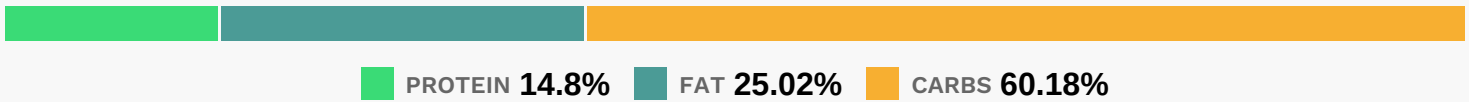
Equipment

- ☐ frying pan

Directions

- ☐ Cook gnocchi in boiling water according to package directions.
- ☐ While gnocchi cooks, heat oil in a large skillet over medium heat.
- ☐ Add squash; saut 4 minutes or until crisp-tender.
- ☐ Add garlic; saut 1 minute.
- ☐ Add spinach; cover and cook 2 minutes or just until spinach wilts. Reduce heat to low; stir in milk, pepper, and salt.
- ☐ Add gnocchi and cheese; stir gently.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:63.56, Glycemic Load:26.77, Inflammation Score:-10, Nutrition Score:22.589565396309%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 296.85kcal (14.84%), Fat: 8.53g (13.13%), Saturated Fat: 3.43g (21.41%), Carbohydrates: 46.19g (15.4%), Net Carbohydrates: 41.4g (15.05%), Sugar: 2.25g (2.5%), Cholesterol: 10.24mg (3.41%), Sodium: 623.8mg (27.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.36g (22.73%), Vitamin K: 346.45µg (329.95%), Vitamin A: 6900.67IU (138.01%), Manganese: 0.77mg (38.54%), Folate: 153.51µg (38.38%), Iron: 6.31mg (35.07%), Vitamin C: 28.83mg (34.95%), Calcium: 231.6mg (23.16%), Fiber: 4.79g (19.15%), Magnesium: 70.81mg (17.7%), Potassium: 578.22mg (16.52%), Vitamin B2: 0.27mg (15.96%), Vitamin B6: 0.29mg (14.39%), Phosphorus: 143.11mg (14.31%),

Vitamin E: 2.04mg (13.58%), Zinc: 1.07mg (7.12%), Copper: 0.13mg (6.42%), Vitamin B1: 0.09mg (6.26%), Vitamin B12: 0.3µg (4.93%), Selenium: 3.44µg (4.92%), Vitamin B3: 0.81mg (4.03%), Vitamin B5: 0.26mg (2.57%), Vitamin D: 0.24µg (1.6%)