



Pumpkin Gnocchi in a Brown Butter and Sage Sauce



Vegetarian



Gluten Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



106 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.3 cup butter



1 handful sage leaves



1 tablespoon juice of lemon

Equipment

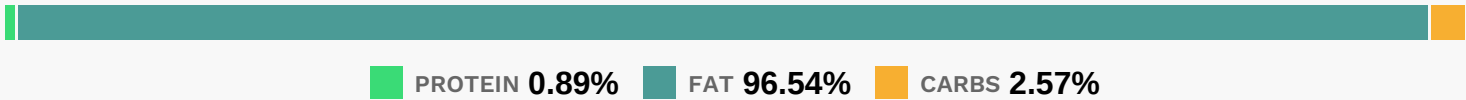


frying pan

Directions

- ☐ Melt the butter in a pan and cook it until it just starts to brown.
- ☐ Add the sage and fry until crispy, about 1 minute.
- ☐ Add the gnocchi and toss to coat.
- ☐ Remove from heat and mix in the lemon juice.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:5.8291304449996%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 106.24kcal (5.31%), Fat: 11.64g (17.91%), Saturated Fat: 7.37g (46.03%), Carbohydrates: 0.7g (0.23%), Net Carbohydrates: 0.51g (0.18%), Sugar: 0.1g (0.11%), Cholesterol: 30.5mg (10.17%), Sodium: 91.39mg (3.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.48%), Copper: 7.69mg (384.4%), Manganese: 0.25mg (12.64%), Vitamin A: 354.77IU (7.1%), Vitamin E: 0.33mg (2.23%), Calcium: 20.25mg (2.03%), Vitamin C: 1.45mg (1.76%), Iron: 0.29mg (1.61%), Magnesium: 4.82mg (1.21%)