



 **31%**  
HEALTH SCORE

## Pumpkin gnocchi with basil and Parmesan

READY IN



45 min.

SERVINGS



6

CALORIES



611 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 kg pumpkin cooled
- 2 eggs whole
- 0.5 tsp sea salt
- 0.3 tsp pepper
- 6 servings basil fresh chopped
- 6 servings basil fresh chopped
- 250 g flour
- 250 g masa
- 6 servings olive oil

- 6 servings grana padano cheese grated
- 6 servings basil fresh for garnish
- 6 servings basil fresh for garnish

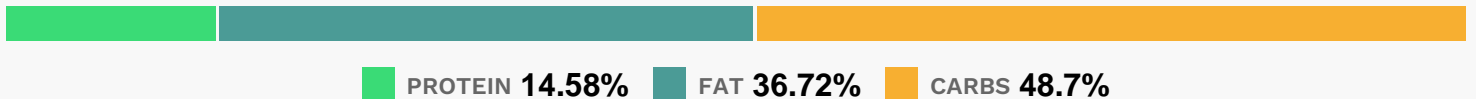
## Equipment

- pot
- slotted spoon

## Directions

- Separate the meat and chop the pumpkin into a puree.
- Add eggs, stir.
- Add salt, pepper and chopped basil.
- Add flour and knead a soft dough. If the dough is too sticky, add more flour – the amount depends on the water content of the pumpkin.
- Divide the dough into equal rolls 3 cm thick and about 20 cm long.
- Divide and cut each roll into a 2 cm long pieces.
- Cook the gnocchi in a large pot in plenty of salted water. Gnocchi are cooked when they rise to the surface.
- Remove them from the pot with a slotted spoon.
- Pour hot olive oil over gnocchi or simply saut them in hot oil.
- Serve sprinkled with cheese and fresh basil.

## Nutrition Facts



## Properties

Glycemic Index:81, Glycemic Load:30.53, Inflammation Score:-10, Nutrition Score:28.73%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.73mg, Luteolin: 2.73mg, Luteolin: 2.73mg, Luteolin: 2.73mg

## Taste

Sweetness: 51.21%, Saltiness: 41.6%, Sourness: 10.95%, Bitterness: 6.66%, Savoriness: 26.43%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 611.47kcal (30.57%), Fat: 25.38g (39.05%), Saturated Fat: 7.69g (48.07%), Carbohydrates: 75.75g (25.25%), Net Carbohydrates: 70.98g (25.81%), Sugar: 5.7g (6.34%), Cholesterol: 74.96mg (24.99%), Sodium: 700.42mg (30.45%), Protein: 22.67g (45.34%), Vitamin A: 14926.37IU (298.53%), Calcium: 476.12mg (47.61%), Selenium: 31.74µg (45.34%), Phosphorus: 449.35mg (44.94%), Vitamin K: 44.28µg (42.17%), Manganese: 0.79mg (39.59%), Vitamin B2: 0.6mg (35.44%), Vitamin B1: 0.52mg (34.91%), Folate: 129.45µg (32.36%), Vitamin E: 4.14mg (27.62%), Iron: 4.72mg (26.24%), Potassium: 793.56mg (22.67%), Magnesium: 88.14mg (22.04%), Vitamin B3: 4.31mg (21.53%), Copper: 0.4mg (19.94%), Vitamin C: 16.44mg (19.93%), Vitamin B6: 0.38mg (19.14%), Fiber: 4.77g (19.1%), Zinc: 2.66mg (17.7%), Vitamin B5: 1.14mg (11.38%), Vitamin B12: 0.49µg (8.18%), Vitamin D: 0.44µg (2.96%)