



Roasted Red Pepper Sauce (with Gnocchi)

READY IN



20 min.

SERVINGS



6

CALORIES



365 kcal

SAUCE

Ingredients

- 0.3 cup basil leaves fresh minced plus more leaves torn for garnish
- 3 cloves garlic minced
- 16 ounce d gnocchetti refrigerated
- 0.5 cup heavy cream to taste
- 6 servings juice of lemon fresh to taste
- 2 tablespoons olive oil
- 6 servings parmesan chunk for grating
- 12 ounce roasted peppers red drained
- 6 servings salt and pepper freshly ground

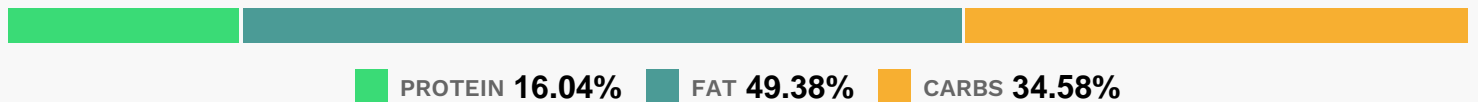
Equipment

- bowl
- frying pan
- sauce pan
- pot
- blender
- colander

Directions

- Bring large pot of salted water to a boil and cook the gnocchi according to the package instructions.
- Drain in a colander in the sink.
- In a saucepan, heat oil over medium heat until hot, add garlic and cook, stirring, until golden.
- Add peppers, salt and pepper and cook, stirring occasionally, for 5 minutes.
- Transfer to a processor or blender and puree. Return sauce to pan, add cream and bring to a simmer, stirring.
- Add basil, salt, pepper and few drops lemon juice, to taste.
- In a large bowl, toss the gnocchi and sauce together. Divide among bowls, strew over some torn basil leaves, and grate some Parmesan over the top.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:17.45, Inflammation Score:-6, Nutrition Score:10.586956449177%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg,

Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 364.73kcal (18.24%), Fat: 20.38g (31.35%), Saturated Fat: 10.46g (65.35%), Carbohydrates: 32.11g (10.7%), Net Carbohydrates: 29.59g (10.76%), Sugar: 1.22g (1.35%), Cholesterol: 42.81mg (14.27%), Sodium: 1712.77mg (74.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.89g (29.78%), Calcium: 412.21mg (41.22%), Vitamin C: 32.94mg (39.92%), Phosphorus: 235.1mg (23.51%), Iron: 3.54mg (19.66%), Vitamin A: 874.47IU (17.49%), Selenium: 7.75µg (11.07%), Fiber: 2.52g (10.08%), Vitamin B2: 0.16mg (9.33%), Vitamin B6: 0.16mg (8.11%), Vitamin K: 8.13µg (7.74%), Manganese: 0.14mg (6.79%), Zinc: 1.01mg (6.72%), Vitamin B12: 0.39µg (6.53%), Vitamin E: 0.95mg (6.35%), Magnesium: 22.75mg (5.69%), Copper: 0.1mg (4.82%), Potassium: 153.72mg (4.39%), Folate: 15.69µg (3.92%), Vitamin D: 0.47µg (3.12%), Vitamin B1: 0.04mg (2.45%), Vitamin B5: 0.24mg (2.39%), Vitamin B3: 0.44mg (2.2%)