



Roasted Vegetable Gnocchi with Spinach-Herb Pesto

READY IN



55 min.

SERVINGS



4

CALORIES



377 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 oz baby spinach
- ☐ 8 snack peppers sweet mini
- ☐ 16 oz d gnocchi
- ☐ 0.5 teaspoon pepper
- ☐ 2 tablespoons olive oil
- ☐ 1 oz parmesan shredded
- ☐ 4 servings basil pesto
- ☐ 1 teaspoon salt

☐ 1.3 lb to 3 sized squashes yellow

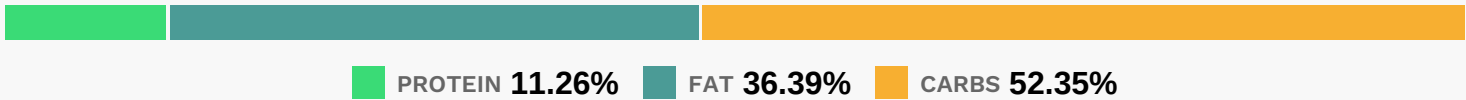
Equipment

- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 42
- ☐ Cut squash into 1-inch pieces.
- ☐ Cut bell peppers in half lengthwise; remove seeds. Stir together squash, bell peppers, oil, salt, and ground pepper. Arrange vegetables in a single layer on a jelly-roll pan, and bake 15 minutes. Stir and bake 5 minutes or until tender and golden.
- ☐ Cook gnocchi according to package directions in a Dutch oven; drain. Return to Dutch oven.
- ☐ Add Spinach-Herb Pesto to gnocchi, and toss to coat.
- ☐ Add squash mixture and spinach, and gently toss to combine.
- ☐ Sprinkle with Parmesan cheese.
- ☐ Serve immediately.
- ☐ *Medium-size pasta shells may be substituted.

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:27.55, Inflammation Score:-10, Nutrition Score:26.056086897202%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 377.44kcal (18.87%), Fat: 15.82g (24.34%), Saturated Fat: 3.65g (22.83%), Carbohydrates: 51.22g (17.07%), Net Carbohydrates: 44.78g (16.29%), Sugar: 6.16g (6.84%), Cholesterol: 6.02mg (2.01%), Sodium: 1252.84mg (54.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.02g (22.04%), Vitamin K: 182.9µg (174.19%), Vitamin C: 105.73mg (128.16%), Vitamin A: 5718.89IU (114.38%), Folate: 136.15µg (34.04%), Iron: 5.99mg (33.3%), Manganese: 0.66mg (33.17%), Vitamin B6: 0.55mg (27.41%), Fiber: 6.44g (25.75%), Vitamin B2: 0.34mg (19.99%), Potassium: 697.31mg (19.92%), Calcium: 192.55mg (19.25%), Vitamin E: 2.8mg (18.67%), Magnesium: 62.37mg (15.59%), Phosphorus: 135.37mg (13.54%), Vitamin B1: 0.13mg (8.6%), Vitamin B3: 1.52mg (7.59%), Copper: 0.13mg (6.7%), Zinc: 0.94mg (6.26%), Vitamin B5: 0.46mg (4.56%), Selenium: 2.3µg (3.29%), Vitamin B12: 0.09µg (1.42%)