



Sweet Potato Gnocchi with Mushrooms

READY IN



25 min.

SERVINGS



8

CALORIES



298 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz baby portobello mushrooms sliced
- ☐ 6 tablespoons butter divided
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 tablespoon sage fresh thinly sliced
- ☐ 4 garlic cloves thinly sliced
- ☐ 1 teaspoon kosher salt
- ☐ 8 servings toppings: freshly parmesan cheese fresh freshly ground shaved chopped
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 3 tablespoons shallots fresh sliced

☐ 16 oz sweet potato gnocchi

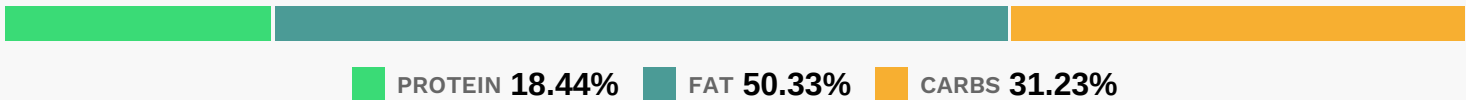
Equipment

☐ frying pan

Directions

- ☐ Prepare gnocchi according to package directions. Keep warm.
- ☐ Melt 2 Tbsp. butter in a large skillet over medium-high heat.
- ☐ Add mushrooms; saut 3 to 5 minutes or until lightly browned.
- ☐ Add garlic and shallots; saut 2 minutes or until tender.
- ☐ Remove from skillet. Wipe skillet clean.
- ☐ Melt remaining 4 Tbsp. butter in skillet over medium-high heat; cook 2 to 3 minutes or until lightly browned. Stir in parsley, sage, and mushroom mixture.
- ☐ Add hot cooked gnocchi, and toss gently. Stir in salt and pepper.
- ☐ Serve immediately with desired toppings.

Nutrition Facts



Properties

Glycemic Index:33.63, Glycemic Load:13.36, Inflammation Score:-4, Nutrition Score:12.973043581714%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 297.52kcal (14.88%), Fat: 16.86g (25.94%), Saturated Fat: 10.58g (66.15%), Carbohydrates: 23.54g (7.85%), Net Carbohydrates: 21.61g (7.86%), Sugar: 1.27g (1.42%), Cholesterol: 42.97mg (14.32%), Sodium: 1034.88mg (44.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.9g (27.8%), Copper: 2.37mg (118.72%), Calcium: 380.77mg (38.08%), Phosphorus: 246.84mg (24.68%), Selenium: 12.39µg (17.7%), Vitamin K: 17.8µg (16.96%), Iron: 2.6mg (14.46%), Vitamin A: 581.56IU (11.63%), Vitamin B2: 0.14mg (8.5%), Fiber: 1.93g (7.73%),

Manganese: 0.15mg (7.33%), Vitamin B3: 1.39mg (6.96%), Zinc: 1.04mg (6.96%), Vitamin B12: 0.39µg (6.53%),
Vitamin B6: 0.1mg (5.11%), Vitamin B5: 0.5mg (4.95%), Potassium: 161.48mg (4.61%), Magnesium: 16.46mg (4.12%),
Folate: 13.2µg (3.3%), Vitamin C: 2.1mg (2.54%), Vitamin B1: 0.04mg (2.49%), Vitamin E: 0.33mg (2.17%), Vitamin D:
0.23µg (1.57%)