



Tomato & Aubergine Gnocchi Bake

READY IN



30 min.

SERVINGS



4

CALORIES



956 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 small aubergine chopped
- ☐ 1 tsp chilli flakes
- ☐ 8 closed cup mushrooms chopped
- ☐ 1 handful basil fresh
- ☐ 2 fat cloves of garlic finely chopped
- ☐ 500 g d gnocchi homemade (or)
- ☐ 1 ball mozzarella cheese
- ☐ 1 tbsp olive oil
- ☐ 1 large onion finely chopped

- ☐ 2 tbsp tomato purée
- ☐ 800 g tins of tomatoes chopped canned
- ☐ 1 glug of red wine good

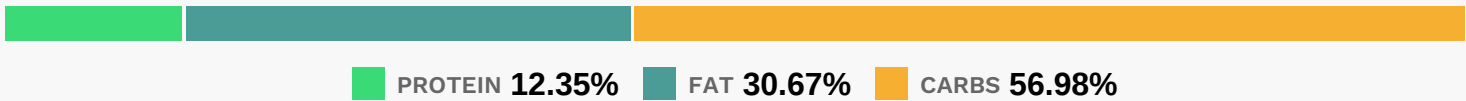
Equipment

- ☐ oven

Directions

- ☐ Saute the onion and garlic in the olive oil until tender.
- ☐ Stir in the aubergine and mushrooms and cook until soft.
- ☐ Add the tinned tomatoes, tomato puree and wine. Simmer gently for 15 minutes. Then season with a pinch of sugar, salt and pepper.
- ☐ Stir the gnocchi into the sauce, then tear the mozzarella and mix it into the dish.
- ☐ Add the basil just before you serve the dish.To bake: Pre-heat the oven to 200c/180 c fan/gas mark
- ☐ Saute the onion and garlic until soft. Stir in the chilli, then pour in the tomatoes, wine and tomato puree. Season and mix well.
- ☐ Mix in the gnocchi and basil. Top with the mozzarella and bake for 20–30 minutes until the mozzarella is melted and golden.

Nutrition Facts



Properties

Glycemic Index:76.25, Glycemic Load:33.2, Inflammation Score:-10, Nutrition Score:27.949130172315%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Petunidin: 3.71mg, Petunidin: 3.71mg, Petunidin: 3.71mg, Petunidin: 3.71mg Delphinidin: 101.88mg, Delphinidin: 101.88mg, Delphinidin: 101.88mg, Delphinidin: 101.88mg Malvidin: 25.95mg, Malvidin: 25.95mg, Malvidin: 25.95mg, Malvidin: 25.95mg Peonidin: 2.34mg, Peonidin: 2.34mg, Peonidin: 2.34mg, Peonidin: 2.34mg Catechin: 13.39mg, Catechin: 13.39mg, Catechin: 13.39mg, Catechin: 13.39mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 7.11mg, Epicatechin: 7.11mg, Epicatechin: 7.11mg, Epicatechin: 7.11mg

Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 4.68mg, Naringenin: 4.68mg, Naringenin: 4.68mg, Naringenin: 4.68mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.92mg, Isorhamnetin: 1.92mg, Isorhamnetin: 1.92mg, Isorhamnetin: 1.92mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg Quercetin: 11.12mg, Quercetin: 11.12mg, Quercetin: 11.12mg, Quercetin: 11.12mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 955.76kcal (47.79%), Fat: 28.5g (43.84%), Saturated Fat: 11.34g (70.87%), Carbohydrates: 119.15g (39.72%), Net Carbohydrates: 108.74g (39.54%), Sugar: 43.6g (48.44%), Cholesterol: 46.35mg (15.45%), Sodium: 1091.3mg (47.45%), Alcohol: 19.88g (100%), Alcohol %: 3.07% (100%), Protein: 25.82g (51.64%), Manganese: 1.03mg (51.44%), Calcium: 482.78mg (48.28%), Vitamin A: 2339.05IU (46.78%), Iron: 8.09mg (44.95%), Phosphorus: 416.74mg (41.67%), Fiber: 10.41g (41.65%), Vitamin C: 34.28mg (41.55%), Potassium: 1206.11mg (34.46%), Selenium: 22.06µg (31.52%), Vitamin B2: 0.53mg (31.16%), Vitamin K: 31.4µg (29.91%), Folate: 102.23µg (25.56%), Vitamin B6: 0.49mg (24.35%), Vitamin B12: 1.36µg (22.62%), Magnesium: 89.18mg (22.3%), Vitamin B1: 0.33mg (21.91%), Vitamin B3: 3.96mg (19.81%), Zinc: 2.85mg (18.97%), Copper: 0.34mg (16.87%), Vitamin E: 2.5mg (16.66%), Vitamin B5: 0.89mg (8.9%), Vitamin D: 0.23µg (1.51%)