



Zucchini Ricotta Gnocchi and Corn in Creamy Gorgonzola Sauce with Crispy Crumbled Pancetta



Gluten Free



Popular

READY IN



20 min.

SERVINGS



2

CALORIES



513 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon basil sliced
- ☐ 1 tablespoon butter
- ☐ 0.5 cup regular corn (- 1 ear)
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 2 ounces gorgonzola dolce blue crumbled (or other mild cheese)
- ☐ 0.3 cup milk

- ☐ 2 slices pancetta
- ☐ 6 ounces ricotta zucchini gnocchi
- ☐ 2 servings salt and pepper to taste

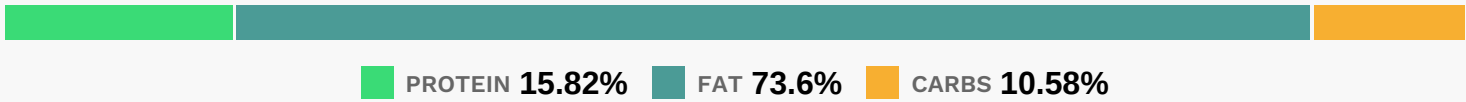
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook the gnocchi in boiling water until it floats, drain and set aside reserving some of the cooking water. Meanwhile, heat the corn, butter, milk, cream and gorgonzola in a saucepan over medium heat until the blue cheese has melted and the sauce is smooth and season with salt and pepper to taste. Meanwhile, cook the pancetta in a pan over medium heat until crispy and set aside. Toss the gnocchi in the sauce and serve garnished with crumbled pancetta and basil.

Nutrition Facts



Properties

Glycemic Index:133.75, Glycemic Load:5.4, Inflammation Score:-7, Nutrition Score:12.599130475003%

Nutrients (% of daily need)

Calories: 513.27kcal (25.66%), Fat: 42.71g (65.71%), Saturated Fat: 25.3g (158.14%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 12.87g (4.68%), Sugar: 4.46g (4.96%), Cholesterol: 126.2mg (42.07%), Sodium: 748.99mg (32.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.66g (41.32%), Calcium: 388.31mg (38.83%), Phosphorus: 344.19mg (34.42%), Selenium: 20.88µg (29.83%), Vitamin A: 1415.62IU (28.31%), Vitamin B2: 0.41mg (24.03%), Zinc: 2.36mg (15.71%), Vitamin B12: 0.93µg (15.49%), Vitamin B5: 1.25mg (12.53%), Vitamin B6: 0.21mg (10.26%), Potassium: 352.21mg (10.06%), Magnesium: 34.09mg (8.52%), Vitamin B3: 1.65mg (8.26%), Vitamin D: 1.18µg (7.86%), Folate: 31.35µg (7.84%), Vitamin B1: 0.12mg (7.83%), Vitamin K: 7.45µg (7.1%), Vitamin E: 0.72mg (4.79%), Manganese: 0.09mg (4.35%), Iron: 0.71mg (3.92%), Fiber: 0.94g (3.76%), Copper: 0.06mg (3.08%), Vitamin C: 2.48mg (3%)