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## Gnocchi with Mushrooms and Butter ♦♦

A delicious and comforting dish of gnocchi served with sautéed mushrooms and butter. This recipe is perfect for a cozy dinner or special occasion.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 20 mins

**Total Time:** 40 mins

**Recipe Yield:** 400 grams

**Number of Servings:** 4

**Serving Size:** 100 g

### Ingredients

400 g	gnocchi
200 g	Mushrooms
50 g	butter
1 tsp	salt
1 tsp	pepper

50 g    parmesan cheese

## Directions

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### Step 1

Boiling

Cook the gnocchi according to package instructions.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Sautéing

In a large skillet, melt the butter over medium heat. Add the mushrooms and sauté until golden brown.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 3

Stirring

Add the cooked gnocchi to the skillet and toss to coat in the butter and mushrooms. Season with salt and pepper.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

## Step 4

Plating

Serve the gnocchi with grated Parmesan cheese on top.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 15 g

**Protein:** 8 g

**Carbohydrates:** 45 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	8 g	47.06%	47.06%
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## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	4 mg	4.44%	5.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Cuisines

Italian

### Course

Salads

Soups

### Cultural

Chinese New Year

### Cost

Over \$50

### Demographics

Teen Friendly

Diabetic Friendly

### Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

Paleo Diet

Ketogenic Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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