

How to Make Trader Joe's Cauliflower Gnocchi

Yield: 3 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/trader-joe-s-spicy-italian-seasoning-recipe>

Ingredients:

- 12 ounces gnocchi bags Trader Joe's Cauliflower
- 2 tablespoons oil or butter
- 1 cup baby spinach
- 1/4 teaspoon garlic powder
- 1/4 teaspoon Italian seasoning
- 1 pinch red pepper flakes
- 1/2 cup marinara sauce choice
- 1/3 cup mozzarella cheese

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 10 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 3 grams
8. Sodium: 660 milligrams
9. Sugar: 4 grams

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