



## Basil Gnocchi

READY IN



45 min.

SERVINGS



4

CALORIES



483 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup cooking wine dry white
- 1 large eggs beaten
- 1 cup flour for dusting all-purpose plus more
- 1 cup basil fresh packed plus more for garnish
- 3 cloves garlic minced
- 2 pounds heirloom tomatoes cut into pieces
- 1.5 cups potatoes instant mashed
- 4 servings kosher salt
- 0.3 cup olive oil extra-virgin

- 0.3 cup pecorino cheese grated plus more for garnish
- 4 servings pepper freshly ground
- 0.3 cup pinenuts
- 3 shallots diced

## Equipment

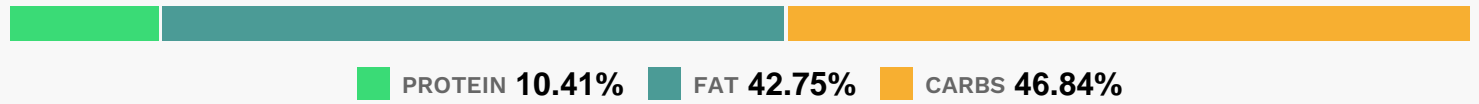
- bowl
- frying pan
- baking sheet
- paper towels
- pot
- blender
- slotted spoon

## Directions

- Mix the instant potatoes with 1 cup hot water in a bowl using a fork; set aside until the potatoes absorb the liquid, 3 minutes. Meanwhile, puree the basil and 1/4 cup cold water in a blender until smooth. Stir the basil puree, egg, pecorino and 1 tablespoon salt into the potato mixture.
- Mound 3/4 cup flour on a surface; add the potato mixture and knead together until smooth, gradually adding the remaining 1/4 cup flour. Divide the dough into 3 portions; roll each into a 1-inch-diameter log (dust with flour, if needed).
- Cut each log into 1/2-inch pieces; place on a parchment-lined baking sheet and refrigerate while making the sauce (or freeze up to 1 month).
- Heat the olive oil in a large skillet over medium-high heat.
- Add the pine nuts; fry until toasted, swirling the pan.
- Transfer the nuts with a slotted spoon to paper towels and season with salt.
- Add the shallots and garlic to the pan and cook until soft, 3 minutes.
- Add the wine and bring to a boil.

- Add the tomatoes, season with salt and pepper and toss; cook until the tomatoes are just soft, 2 more minutes.
- Cook the gnocchi in a large pot of salted boiling water until tender, about 1 minute after they float to the surface.
- Drain and toss with the sauce. Top with the toasted pine nuts and more basil and pecorino.
- Photograph by Tina Rupp

## Nutrition Facts



### Properties

Glycemic Index:79.25, Glycemic Load:20.72, Inflammation Score:-9, Nutrition Score:26.744348002517%

### Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 1.6mg, Naringenin: 1.6mg, Naringenin: 1.6mg, Naringenin: 1.6mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

### Nutrients (% of daily need)

Calories: 483.19kcal (24.16%), Fat: 23.07g (35.49%), Saturated Fat: 3.9g (24.35%), Carbohydrates: 56.86g (18.95%), Net Carbohydrates: 50.73g (18.45%), Sugar: 8.86g (9.85%), Cholesterol: 53mg (17.67%), Sodium: 325.99mg (14.17%), Alcohol: 1.54g (100%), Alcohol %: 0.54% (100%), Protein: 12.64g (25.28%), Manganese: 1.45mg (72.37%), Vitamin C: 52.65mg (63.81%), Vitamin K: 58.13µg (55.36%), Vitamin A: 2305.57IU (46.11%), Vitamin B1: 0.61mg (40.55%), Folate: 121.43µg (30.36%), Potassium: 992.49mg (28.36%), Vitamin E: 4.19mg (27.9%), Selenium: 18.99µg (27.13%), Phosphorus: 264.96mg (26.5%), Vitamin B3: 5.11mg (25.55%), Vitamin B6: 0.51mg (25.38%), Fiber: 6.13g (24.52%), Magnesium: 81.93mg (20.48%), Iron: 3.65mg (20.27%), Vitamin B2: 0.33mg (19.7%), Copper: 0.39mg (19.28%), Calcium: 131.97mg (13.2%), Zinc: 1.8mg (11.99%), Vitamin B5: 1.14mg (11.4%), Vitamin B12: 0.18µg (3.02%), Vitamin D: 0.28µg (1.88%)