



Bitter Cocoa Gnocchi: Gnocchi di Cacao

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



268 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 pounds baking potatoes
- 0.5 cup butter melted
- 0.3 cup candied citrus peel chopped
- 1 pinch cinnamon
- 1 tablespoon bitter cocoa
- 1 extra large eggs
- 2 cups flour all-purpose
- 0.3 cup raisins

- 0.3 ricotta salata smoked grated cut
- 1 pinch salt
- 1 pinch salt
- 2 tablespoons sugar

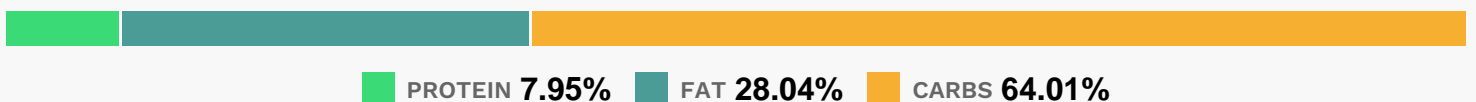
Equipment

- bowl
- grater

Directions

- Boil the whole potatoes until they are soft, about 45 minutes. While still warm, peel the potatoes and pass them through vegetable mill onto clean pasta board.
- Make a well in the center of the potatoes and sprinkle all over with the flour, using all the flour.
- Place the egg and salt in the center of the well and using a fork, stir into flour and potatoes, just like making normal pasta. Once the egg is mixed in, bring dough together, kneading gently until a ball is formed. Knead gently another 4 minutes until ball is dry to the touch.
- Divide the dough into 6 large balls.
- Roll each ball into 3/4-inch diameter ropes and cut the ropes into 1-inch long pieces. Flick the pieces off of a fork or along the concave side of a cheese grater to score the sides. Drop the dough pieces into the boiling water and cook until they float to the surface, about 1 minute.
- Meanwhile, in a medium bowl, combine the ricotta, cocoa, cinnamon, sugar, and a pinch of salt and stir well.
- Drain the gnocchi and place them in the bowl with the cocoa mixture. Toss to coat and remove from the bowl.
- Place in a clean serving bowl with the citrus peel and raisins, drizzle with the melted butter and serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.89, Glycemic Load:30.29, Inflammation Score:-4, Nutrition Score:8.7547826378242%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 267.64kcal (13.38%), Fat: 8.49g (13.07%), Saturated Fat: 5.11g (31.94%), Carbohydrates: 43.63g (14.54%), Net Carbohydrates: 41.18g (14.97%), Sugar: 5.31g (5.9%), Cholesterol: 37.71mg (12.57%), Sodium: 84.03mg (3.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.84%), Vitamin B6: 0.41mg (20.74%), Manganese: 0.35mg (17.6%), Vitamin B1: 0.26mg (17.51%), Potassium: 537.01mg (15.34%), Folate: 56.71µg (14.18%), Selenium: 9.16µg (13.08%), Vitamin B3: 2.45mg (12.27%), Iron: 2.17mg (12.05%), Phosphorus: 101.9mg (10.19%), Vitamin B2: 0.17mg (10.11%), Fiber: 2.46g (9.82%), Copper: 0.18mg (8.81%), Magnesium: 34.54mg (8.63%), Vitamin C: 6.63mg (8.03%), Vitamin A: 263.43IU (5.27%), Vitamin B5: 0.52mg (5.17%), Zinc: 0.58mg (3.86%), Vitamin K: 2.81µg (2.67%), Calcium: 24.93mg (2.49%), Vitamin E: 0.29mg (1.96%)