



Gnocchi alla Romana

READY IN



82 min.

SERVINGS



6

CALORIES



179 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 large eggs
- ☐ 3 cups chicken stock see low sodium
- ☐ 0.3 cup parmesan freshly grated
- ☐ 1 teaspoon salt
- ☐ 0.8 cup semolina flour
- ☐ 3 tablespoons butter unsalted

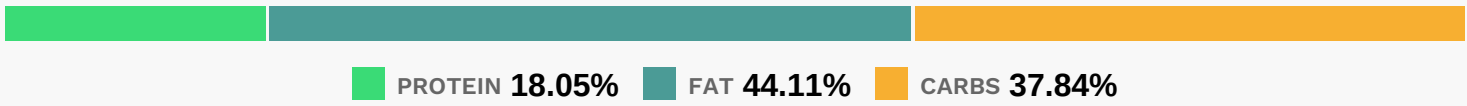
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ cookie cutter
- ☐ broiler

Directions

- ☐ Lightly oil a small baking sheet.
- ☐ Whisk the stock, semolina flour, and salt in a heavy medium saucepan over medium-high heat until the mixture bubbles and is very thick, about 10 minutes. Beat the egg in a large bowl. Gradually beat the semolina mixture into the egg.
- ☐ Transfer the gnocchi mixture to the prepared baking sheet, spreading it to form a 1/2-inch-thick layer. Cover and refrigerate until the gnocchi mixture is cold and firm, at least 1 hour.
- ☐ Preheat the broiler. Generously butter a 10-inch-diameter gratin dish. Using a 2-inch-diameter cookie cutter, cut out rounds from the gnocchi mixture. Arrange the gnocchi in the prepared baking/gratin dish, overlapping slightly.
- ☐ Brush the remaining butter over the gnocchi.
- ☐ Sprinkle with the cheese, and pepper, if desired. Broil until the gnocchi are heated through and beginning to brown, about 6 minutes.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:7.89, Inflammation Score:-3, Nutrition Score:6.9269565214282%

Nutrients (% of daily need)

Calories: 178.78kcal (8.94%), Fat: 8.84g (13.6%), Saturated Fat: 5.01g (31.33%), Carbohydrates: 17.06g (5.69%), Net Carbohydrates: 16.2g (5.89%), Sugar: 0.23g (0.26%), Cholesterol: 49.83mg (16.61%), Sodium: 524.83mg (22.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.27%), Selenium: 22.66µg (32.37%), Vitamin B3: 2.9mg (14.5%), Vitamin B2: 0.21mg (12.62%), Phosphorus: 120.96mg (12.1%), Vitamin B1: 0.18mg (11.76%), Folate: 42.97µg

(10.74%), Calcium: 81.39mg (8.14%), Manganese: 0.16mg (7.8%), Iron: 1.38mg (7.64%), Copper: 0.11mg (5.56%), Vitamin A: 264.23IU (5.28%), Potassium: 161.13mg (4.6%), Vitamin B12: 0.27µg (4.51%), Zinc: 0.61mg (4.05%), Magnesium: 14.93mg (3.73%), Fiber: 0.86g (3.44%), Vitamin B5: 0.28mg (2.85%), Vitamin B6: 0.05mg (2.67%), Vitamin E: 0.32mg (2.12%), Vitamin D: 0.3µg (2%)