



Gnocchi di Patate con Ragù di Agnello

READY IN



45 min.

SERVINGS



6

CALORIES



732 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.3 cups all purpose flour divided ()
- ☐ 1 bay leaf
- ☐ 6 tablespoons butter ()
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 large eggs beaten to blend
- ☐ 2 garlic cloves peeled
- ☐ 0.3 teaspoon ground nutmeg (scant)
- ☐ 2 pounds lamb stew meat fat trimmed cut into 3/4-inch chunks
- ☐ 6 tablespoons olive oil extra-virgin

- ☐ 1 pound plum tomatoes cored coarsely chopped
- ☐ 6 inch long rosemary sprig fresh
- ☐ 0.8 teaspoon salt
- ☐ 1 cup water ()
- ☐ 1.5 pounds white-skinned potatoes unpeeled

Equipment

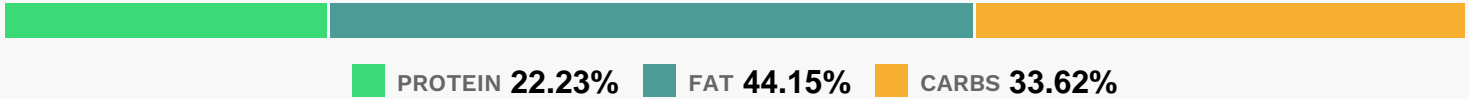
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ pot
- ☐ slotted spoon
- ☐ potato ricer

Directions

- ☐ Heat oil in large pot over medium-high heat.
- ☐ Add garlic, rosemary, and bay leaf; sauté until garlic is golden, about 1 minute.
- ☐ Sprinkle lamb with salt and pepper.
- ☐ Add lamb to pot; sauté until browned, about 8 minutes.
- ☐ Add wine; scrape up browned bits. Stir in tomatoes, 1 cup water, and 1 teaspoon salt; bring to simmer. Reduce heat, cover, and simmer until lamb is tender, adding more water if needed for saucy consistency, about 1 1/2 hours. Discard garlic. Season with more salt and pepper, if desired.
- ☐ Cook potatoes in large saucepan of boiling salted water until tender, about 20 minutes.
- ☐ Drain. Peel potatoes while still warm; press through food mill or potato ricer into large bowl.
- ☐ Place 1 1/2 cups flour in mound on work surface; mix in 3/4 teaspoon salt and nutmeg. Spoon potatoes atop flour mixture.
- ☐ Sprinkle with 3/4 cup additional flour; mix flour and potatoes together lightly.

- ☐ Pour egg atop potato-flour mixture. Knead lightly until dough is almost smooth, adding more flour by tablespoonfuls if dough is sticky, about 5 minutes (do not overwork dough).
- ☐ Line rimmed baking sheet with parchment paper; sprinkle with flour. Divide dough into 4 pieces.
- ☐ Roll each piece on floured surface into 3/4-inch-diameter rope; cut crosswise into 3/4-inch pieces. Working with 1 piece at a time, roll gnocchi along back of fork tines, making ridges on 1 side. Press thumb on other side, making hollow.
- ☐ Place on prepared sheet. (Ragù and gnocchi can be made 6 hours ahead. Cover separately and chill. Rewarm ragù before using.)
- ☐ Melt butter in large skillet over medium heat; remove from heat. Bring large pot of salted water to boil.
- ☐ Add half of gnocchi; cook until gnocchi are tender and rise to surface, about 5 minutes. Using slotted spoon, transfer gnocchi to melted butter; toss to coat. Repeat with remaining gnocchi.
- ☐ Heat gnocchi in skillet over medium-high heat, tossing until heated through. Season with salt and pepper.
- ☐ Divide gnocchi among plates. Top with hot ragù and serve.

Nutrition Facts



Properties

Glycemic Index:60.29, Glycemic Load:41.35, Inflammation Score:-9, Nutrition Score:33.254782277605%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 731.92kcal (36.6%), Fat: 35.03g (53.89%), Saturated Fat: 12.46g (77.9%), Carbohydrates: 60.02g (20.01%), Net Carbohydrates: 54.95g (19.98%), Sugar: 3.26g (3.63%), Cholesterol: 159.38mg (53.13%), Sodium: 506.44mg

(22.02%), Alcohol: 2.06g (100%), Alcohol %: 0.54% (100%), Protein: 39.69g (79.38%), Selenium: 53.57µg (76.52%), Vitamin B12: 4.23µg (70.43%), Vitamin B3: 13.47mg (67.37%), Zinc: 7.25mg (48.31%), Vitamin B1: 0.69mg (46.1%), Phosphorus: 446.03mg (44.6%), Vitamin B2: 0.7mg (40.94%), Vitamin C: 33.57mg (40.69%), Folate: 157.47µg (39.37%), Iron: 6.42mg (35.66%), Vitamin B6: 0.7mg (35.17%), Manganese: 0.69mg (34.35%), Potassium: 1186.75mg (33.91%), Magnesium: 90.44mg (22.61%), Copper: 0.44mg (22.12%), Vitamin A: 1102.34IU (22.05%), Vitamin E: 3.21mg (21.4%), Fiber: 5.07g (20.27%), Vitamin B5: 1.86mg (18.6%), Vitamin K: 17.8µg (16.95%), Calcium: 63.29mg (6.33%), Vitamin D: 0.17µg (1.11%)