



Gnocchi di Susine

 Vegetarian

READY IN



130 min.

SERVINGS



4

CALORIES



778 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup bread crumbs fresh
- ☐ 4 tablespoons butter
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 extra large eggs
- ☐ 2 cups flour all-purpose
- ☐ 5 small plums quartered
- ☐ 3 pounds russet potatoes
- ☐ 1 pinch salt

☐ 0.5 cup sugar

Equipment

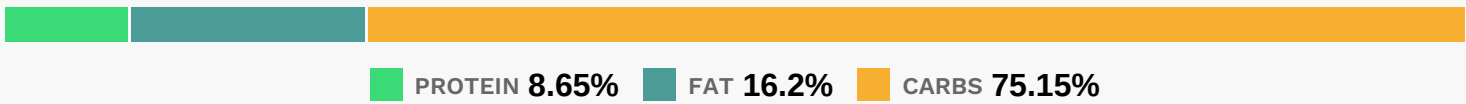
☐ frying pan

☐ rolling pin

Directions

- ☐ Boil the whole potatoes until they are soft (about 45 minutes). While still warm, peel and pass through vegetable mill onto clean pasta board.
- ☐ Make well in center of potatoes and sprinkle all over with flour, using all the flour.
- ☐ Place egg and salt in center of well and using a fork, stir into flour and potatoes, just like making normal pasta. Once egg is mixed in, bring dough together, kneading gently until a ball is formed. Knead gently another 4 minutes until ball is dry to touch.
- ☐ Bring 6 quarts water to boil and add 2 tablespoons of salt.
- ☐ Pinch off walnut-sized balls of gnocchi dough and roll with rolling pin to form 2-1/2 inch circle of dough.
- ☐ Place one quarter of plum and a 1/2 teaspoon sugar on each and fold dough around plum pieces to form a package with no tears or rips, relatively smooth and evenly coated. Continue until all are finished. If making pasta in advance, cook and the shock in cold water.
- ☐ Place gnocchi in water, 10 at a time, and carefully stir to prevent sticking to sides or bottom of pan. Allow to float and continue cooking for 2 minutes. Meanwhile, melt butter in a 12-inch saute pan over medium heat.
- ☐ Add bread crumbs and then add cooked gnocchi and toss gently to coat.
- ☐ Serve on a plate and sprinkle with cinnamon.

Nutrition Facts



Properties

Glycemic Index:80.88, Glycemic Load:103.51, Inflammation Score:-8, Nutrition Score:27.768260753673%

Flavonoids

Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Epicatechin 3–gallate: 0.63mg, Epicatechin 3–gallate: 0.63mg, Epicatechin 3–gallate: 0.63mg, Epicatechin 3–gallate: 0.63mg Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 778.13kcal (38.91%), Fat: 14.24g (21.91%), Saturated Fat: 7.92g (49.47%), Carbohydrates: 148.64g (49.55%), Net Carbohydrates: 140.94g (51.25%), Sugar: 35.9g (39.88%), Cholesterol: 82.18mg (27.39%), Sodium: 187.53mg (8.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.11g (34.22%), Vitamin B6: 1.26mg (62.89%), Vitamin B1: 0.86mg (57.62%), Manganese: 1.11mg (55.69%), Potassium: 1652.5mg (47.21%), Folate: 180.36µg (45.09%), Selenium: 28.85µg (41.21%), Vitamin B3: 8.02mg (40.11%), Iron: 6.57mg (36.52%), Vitamin C: 27.24mg (33.02%), Vitamin B2: 0.54mg (31.96%), Phosphorus: 310.18mg (31.02%), Fiber: 7.7g (30.81%), Copper: 0.52mg (25.87%), Magnesium: 102.78mg (25.7%), Vitamin B5: 1.68mg (16.77%), Vitamin A: 714.22IU (14.28%), Vitamin K: 13.14µg (12.51%), Zinc: 1.8mg (12.03%), Calcium: 84.86mg (8.49%), Vitamin E: 0.77mg (5.13%), Vitamin B12: 0.17µg (2.87%), Vitamin D: 0.28µg (1.87%)