

Gnocchi I

 Vegetarian  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



325 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 eggs
- 2 cups flour all-purpose
- 2 potatoes

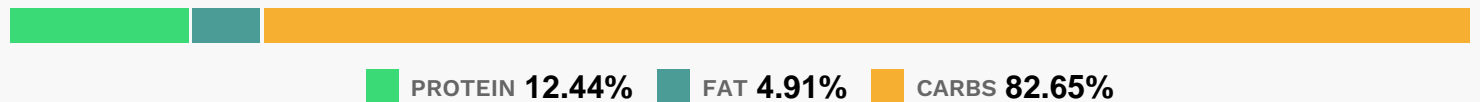
Equipment

- bowl
- pot
- potato masher

Directions

- Bring a large pot of salted water to a boil. Peel potatoes and add to pot. Cook until tender but still firm, about 15 minutes.
- Drain, cool and mash with a fork or potato masher.
- Combine 1 cup mashed potato, flour and egg in a large bowl. Knead until dough forms a ball. Shape small portions of the dough into long "snakes". On a floured surface, cut snakes into half-inch pieces.
- Bring a large pot of lightly salted water to a boil. Drop in gnocchi and cook for 3 to 5 minutes or until gnocchi have risen to the top; drain and serve.

Nutrition Facts



Properties

Glycemic Index:39.69, Glycemic Load:48.12, Inflammation Score:-5, Nutrition Score:14.833043627117%

Flavonoids

Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 325.23kcal (16.26%), Fat: 1.75g (2.7%), Saturated Fat: 0.47g (2.93%), Carbohydrates: 66.38g (22.13%), Net Carbohydrates: 62.35g (22.67%), Sugar: 1.04g (1.16%), Cholesterol: 40.92mg (13.64%), Sodium: 23.26mg (1.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.99g (19.99%), Vitamin B1: 0.58mg (38.68%), Selenium: 24.88µg (35.55%), Folate: 136.59µg (34.15%), Manganese: 0.59mg (29.61%), Vitamin C: 20.98mg (25.43%), Vitamin B3: 4.82mg (24.1%), Vitamin B2: 0.39mg (23.12%), Iron: 3.92mg (21.8%), Vitamin B6: 0.36mg (18.02%), Fiber: 4.03g (16.12%), Potassium: 530.42mg (15.15%), Phosphorus: 149.99mg (15%), Copper: 0.21mg (10.65%), Magnesium: 39.56mg (9.89%), Vitamin B5: 0.76mg (7.58%), Zinc: 0.89mg (5.92%), Calcium: 28.32mg (2.83%), Vitamin K: 2.24µg (2.14%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%), Vitamin A: 61.53IU (1.23%), Vitamin E: 0.16mg (1.09%)