

Gnocchi II

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



606 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 cups flour all-purpose
- ☐ 8 potatoes

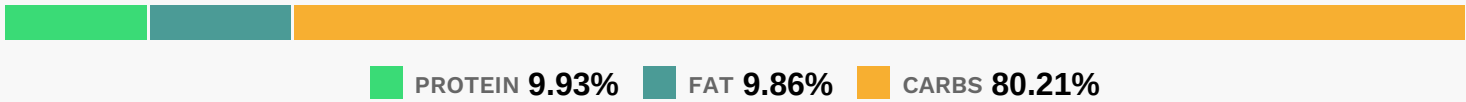
Equipment

- ☐ bowl
- ☐ pot
- ☐ potato ricer

Directions

- ☐ Bring a large pot of salted water to a boil. Drop in potatoes and cook until tender but still firm, about 15 minutes.
- ☐ Drain, cool slightly, and peel. Mash potatoes with fork, masher or in ricer.
- ☐ Place in large bowl and make a well in the center. Put butter in well and allow to melt. When mashed potatoes have cooled, knead in enough of the flour to make a soft dough.
- ☐ Divide dough into fist-sized portions. On a floured surface, roll each portion into a long rope.
- ☐ Cut the ropes into one-inch pieces.
- ☐ Roll each piece with a fork for a distinctive texture.
- ☐ Bring a large pot of lightly salted water to a boil. Drop in gnocchi and cook for 3 to 5 minutes or until they float to the top; drain and serve with tomato sauce.

Nutrition Facts



Properties

Glycemic Index:52.19, Glycemic Load:88.99, Inflammation Score:-8, Nutrition Score:29.740869763753%

Flavonoids

Kaempferol: 3.41mg, Kaempferol: 3.41mg, Kaempferol: 3.41mg, Kaempferol: 3.41mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 605.71kcal (30.29%), Fat: 6.67g (10.27%), Saturated Fat: 3.81g (23.79%), Carbohydrates: 122.12g (40.71%), Net Carbohydrates: 111.06g (40.39%), Sugar: 3.5g (3.88%), Cholesterol: 15.05mg (5.02%), Sodium: 71.82mg (3.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.12g (30.24%), Vitamin C: 83.92mg (101.72%), Vitamin B6: 1.28mg (64.22%), Vitamin B1: 0.83mg (55.45%), Manganese: 1.08mg (53.9%), Potassium: 1862.02mg (53.2%), Folate: 182.74µg (45.69%), Fiber: 11.06g (44.24%), Vitamin B3: 8.18mg (40.91%), Iron: 6.22mg (34.58%), Selenium: 22.54µg (32.19%), Phosphorus: 312mg (31.2%), Magnesium: 111.87mg (27.97%), Copper: 0.55mg (27.5%), Vitamin B2: 0.45mg (26.32%), Vitamin B5: 1.54mg (15.42%), Zinc: 1.68mg (11.19%), Vitamin K: 8.77µg (8.35%), Calcium: 62.17mg (6.22%), Vitamin A: 183.45IU (3.67%), Vitamin E: 0.24mg (1.62%)