



Gnocchi Pomodoro

READY IN



200 min.

SERVINGS



4

CALORIES



1233 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 large baking potatoes
- 6 large to 8 basil leaves fresh chopped
- 4 ounces butter melted (1 stick)
- 28 ounce canned tomatoes whole italian canned
- 4 servings chile flakes crushed
- 0.5 cup cup heavy whipping cream
- 2 egg yolks
- 2 cups flour
- 4 servings nutmeg fresh grated

- 1 tablespoon garlic chopped
- 2 tablespoons olive oil
- 4 servings parmesan grated
- 1 pinch salt
- 4 servings salt and pepper
- 1 pinch pepper white

Equipment

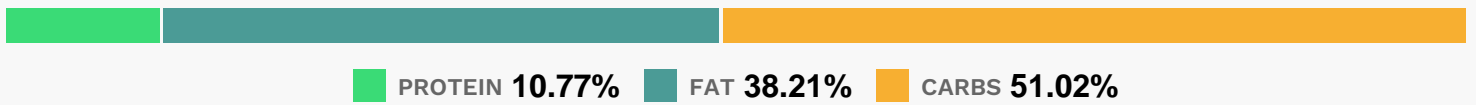
- bowl
- frying pan
- sauce pan
- oven
- knife
- mixing bowl
- pot

Directions

- Watch how to make this recipe.
- To make the Sauce: Take the tomatoes out of the can, cut in half, and remove the seeds. Chop the tomatoes into small pieces and reserve the juice. In a saucepan, add olive oil and garlic and saute for 1 minute.
- Add the tomatoes, salt, pepper and chili and bring to a simmer for 5 minutes. If necessary, add the reserved juice.
- Add the basil. Finish with cream.
- Preheat the oven to 300 degrees F.
- Bake the potatoes for approximately 1 to 1 1/2 hours, until tender. Scoop each potato out of its skin into mixing bowl. Mash the potatoes to a fine consistency.
- In a separate bowl, combine egg yolks, melted butter, salt, pepper and nutmeg.
- Add the egg mixture to the potatoes and mix together.
- Add flour to mixture, 1 cup at a time, and mix until smooth.

- Scoop out and make finger sized rolls on floured board.
- Cut with knife into bite sized pieces.
- Roll each piece over the back of a fork to make a round form. In a pan, freeze until hard enough to handle, and put into portion sized bags.
- Fill a large pot with water and add a pinch of salt and boil. Drop gnocchi into boiling water 3 or 4 at a time so the water doesn't stop boiling. The gnocchi is ready when it floats to the top.
- Drain gnocchi and scoop out into bowl and add sauce.
- Add fresh Parmesan and serve.

Nutrition Facts



Properties

Glycemic Index:111.19, Glycemic Load:116.06, Inflammation Score:-10, Nutrition Score:49.801739319511%

Flavonoids

Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 1232.77kcal (61.64%), Fat: 53.34g (82.07%), Saturated Fat: 29.03g (181.43%), Carbohydrates: 160.27g (53.42%), Net Carbohydrates: 147.83g (53.76%), Sugar: 10.73g (11.92%), Cholesterol: 212.17mg (70.72%), Sodium: 951.19mg (41.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.83g (67.65%), Vitamin B6: 2.24mg (111.84%), Potassium: 2973.7mg (84.96%), Manganese: 1.67mg (83.39%), Vitamin A: 3795.33IU (75.91%), Vitamin C: 59.73mg (72.4%), Vitamin B1: 1.07mg (71.26%), Phosphorus: 700.66mg (70.07%), Folate: 241.47µg (60.37%), Vitamin B3: 10.99mg (54.95%), Selenium: 37.1µg (52.99%), Iron: 9.23mg (51.28%), Calcium: 509.71mg (50.97%), Fiber: 12.44g (49.76%), Magnesium: 186.76mg (46.69%), Vitamin B2: 0.76mg (44.97%), Copper: 0.85mg (42.32%), Vitamin K: 38.19µg (36.37%), Vitamin E: 4.17mg (27.81%), Vitamin B5: 2.66mg (26.59%), Zinc: 3.67mg (24.45%), Vitamin B12: 0.63µg (10.52%), Vitamin D: 1.11µg (7.41%)