



## Gnocchi with Butter Thyme Sauce

READY IN



40 min.

SERVINGS



6

CALORIES



244 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 large eggs beaten to blend
- 0.3 cup flour all-purpose
- 1 tablespoon thyme leaves fresh
- 0.3 cup pecorino cheese shaved
- 1 pound baking potatoes
- 0.5 teaspoon salt
- 0.5 cup butter unsalted

## Equipment

- bowl
- frying pan
- pot
- microwave
- slotted spoon

## Directions

- Cook the butter in a heavy medium skillet over medium heat until it begins to brown, about 2 minutes.
- Remove from the heat.
- Add the thyme leaves. Set aside.
- Pierce the potato all over with a fork. Microwave the potato until tender, turning once, about 12 minutes.
- Cut the potato in half and scoop the flesh into a large bowl; discard the skin. Using a fork, mash the potato well. Mash in the salt and pepper.
- Mix in 3 tablespoons of the egg; discard the remaining egg. Sift the flour over the potato mixture and knead just until blended.
- Divide the dough into 4 equal pieces.
- Roll each piece between your palms and the work surface into a 1/2-inch-diameter rope (about 20 inches long).
- Cut the dough into 1-inch pieces.
- Roll each piece of dough over a wooden paddle with ridges or over the tines of a fork to form grooves in the dough.
- Cook the gnocchi in a large pot of boiling salted water until the gnocchi rise to the surface, about 1 minute. Continue cooking until the gnocchi are tender, about 4 minutes longer. Using a slotted spoon, transfer the gnocchi to the hot thyme-butter in the skillet. Toss to coat.
- Spoon the gnocchi and butter sauce into shallow bowls. Top with the Pecorino and serve.

## Nutrition Facts



■ PROTEIN 7.67% ■ FAT 63.02% ■ CARBS 29.31%

## Properties

Glycemic Index:43.96, Glycemic Load:13.73, Inflammation Score:-8, Nutrition Score:6.4013043693874%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg

## Nutrients (% of daily need)

Calories: 243.74kcal (12.19%), Fat: 17.39g (26.76%), Saturated Fat: 10.73g (67.03%), Carbohydrates: 18.2g (6.07%), Net Carbohydrates: 16.89g (6.14%), Sugar: 0.56g (0.62%), Cholesterol: 76mg (25.33%), Sodium: 261.71mg (11.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.53%), Vitamin B6: 0.29mg (14.28%), Vitamin A: 591.66IU (11.83%), Phosphorus: 101.28mg (10.13%), Potassium: 348.7mg (9.96%), Manganese: 0.19mg (9.47%), Selenium: 5.42µg (7.75%), Vitamin C: 6.18mg (7.49%), Vitamin B1: 0.11mg (7.29%), Iron: 1.29mg (7.15%), Calcium: 69.36mg (6.94%), Vitamin B2: 0.12mg (6.84%), Folate: 25.43µg (6.36%), Magnesium: 23.63mg (5.91%), Vitamin B3: 1.13mg (5.65%), Fiber: 1.31g (5.23%), Copper: 0.1mg (5.17%), Vitamin B5: 0.42mg (4.23%), Vitamin E: 0.55mg (3.65%), Zinc: 0.51mg (3.4%), Vitamin D: 0.47µg (3.14%), Vitamin K: 2.95µg (2.81%), Vitamin B12: 0.15µg (2.55%)