



Gnocchi with Gorgonzola Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



488 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 13 ounces gorgonzola crumbled
- 2.3 pounds baking potatoes
- 1 large eggs
- 0.1 teaspoon nutmeg
- 8 servings chives fresh chopped
- 1 cup whipping cream
- 0.5 teaspoon pepper black
- 2 cups flour

1 teaspoon salt

Equipment

bowl

sauce pan

whisk

pot

microwave

slotted spoon

Directions

Pierce potatoes several times with fork. Microwave until tender, turning once, about 16 minutes total.

Cut potatoes in half lengthwise; scoop potato flesh into bowl; discard potato skins. Mash potatoes until smooth.

Mix in egg. Sift flour, salt, pepper, and nutmeg over potato mixture; stir to combine. Knead gently. Divide dough into 8 pieces.

Roll each piece on work surface into 1/2-inch-diameter rope.

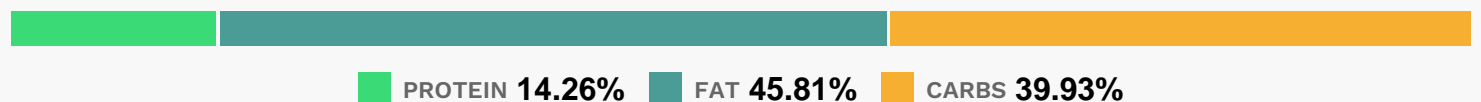
Cut dough into 1-inch lengths and make grooves in each piece with fork.

Cook gnocchi in large pot of boiling salted water until gnocchi are tender and rise to surface, about 5 minutes. Using slotted spoon, transfer cooked gnocchi to warm platter. Bring cream to simmer in heavy medium saucepan over medium heat.

Add Gorgonzola, whisking until melted. Spoon sauce over gnocchi.

Sprinkle with chives and Parmesan, if desired; serve.

Nutrition Facts



Properties

Glycemic Index:41.72, Glycemic Load:35.7, Inflammation Score:-7, Nutrition Score:16.742608661237%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 488.02kcal (24.4%), Fat: 24.99g (38.44%), Saturated Fat: 15.75g (98.41%), Carbohydrates: 49.01g (16.34%), Net Carbohydrates: 46.44g (16.89%), Sugar: 2.03g (2.25%), Cholesterol: 91.42mg (30.47%), Sodium: 844.44mg (36.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.5g (34.99%), Phosphorus: 312.67mg (31.27%), Selenium: 20.61µg (29.45%), Calcium: 289.36mg (28.94%), Vitamin B6: 0.55mg (27.66%), Vitamin B2: 0.46mg (26.96%), Vitamin B1: 0.37mg (24.85%), Folate: 96.85µg (24.21%), Manganese: 0.44mg (22.05%), Potassium: 725.03mg (20.72%), Vitamin B3: 3.67mg (18.34%), Vitamin A: 868.09IU (17.36%), Iron: 2.86mg (15.89%), Vitamin B5: 1.49mg (14.94%), Zinc: 1.97mg (13.16%), Magnesium: 50.34mg (12.59%), Vitamin B12: 0.67µg (11.09%), Copper: 0.21mg (10.32%), Fiber: 2.57g (10.26%), Vitamin C: 8.03mg (9.74%), Vitamin K: 6.8µg (6.48%), Vitamin D: 0.83µg (5.54%), Vitamin E: 0.49mg (3.26%)