



Gnocchi With Wild Mushroom Ragu



Vegetarian



Vegan

READY IN



75 min.

SERVINGS



6

CALORIES



385 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaves
- ☐ 2 small carrots diced
- ☐ 1 stalk celery diced
- ☐ 0.3 pound cremini mushrooms stemmed quartered
- ☐ 1 cup cooking wine dry white
- ☐ 0.5 teaspoon ground fennel seeds
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 1.5 pounds d gnocchi fresh

- ☐ 0.5 teaspoon ground coriander
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 6 servings mascarpone and/or mint fresh for topping
- ☐ 2 pounds mushrooms wild diced stemmed
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 large onion diced
- ☐ 1 pinch pepper flakes red
- ☐ 2 tablespoons tomato paste
- ☐ 1 cup san marzano tomatoes whole canned

Equipment

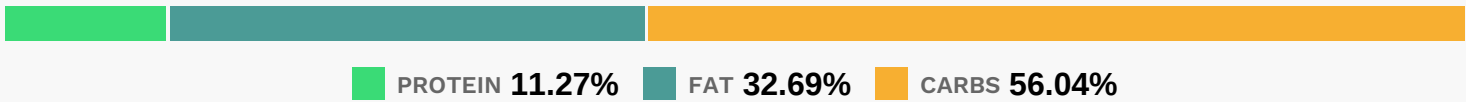
- ☐ pot
- ☐ wooden spoon
- ☐ slotted spoon

Directions

- ☐ Heat half of the olive oil in a large pot over medium-high heat.
- ☐ Add the onion, carrots and celery and cook until soft, about 5 minutes.
- ☐ Add half of the wild mushrooms and cook until golden, 3 to 5 minutes. Season with salt and pepper, then push to the edges of the pot.
- ☐ Add the remaining olive oil and wild mushrooms and cook 3 to 5 more minutes.
- ☐ Add the cremini mushrooms and cook 1 more minute. Season with salt and pepper.
- ☐ Add the tomato paste and cook, stirring with a wooden spoon, about 2 minutes.
- ☐ Add the wine; cook, scraping up any browned bits, about 2 more minutes.
- ☐ Add the tomatoes, 2 cups water, the bay leaves, coriander, fennel, red pepper flakes, thyme, 1/2 teaspoon salt, and pepper to taste. Simmer over medium heat, about 30 minutes (thin with water if needed). Season with salt and pepper.
- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the gnocchi, stir and cook for 1 minute after they float, about 3 minutes total.

- ☐
- Transfer with a slotted spoon to the pot with the sauce and gently stir over low heat.
- ☐
- Serve topped with mascarpone and/or mint.
- ☐
- Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:58.14, Glycemic Load:28.3, Inflammation Score:-10, Nutrition Score:20.758695918581%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg Hesperetin: 0.26mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 384.72kcal (19.24%), Fat: 13.63g (20.97%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 52.59g (17.53%), Net Carbohydrates: 46.65g (16.96%), Sugar: 6.42g (7.13%), Cholesterol: 0mg (0%), Sodium: 650.75mg (28.29%), Alcohol: 4.12g (100%), Alcohol %: 1.29% (100%), Protein: 10.57g (21.14%), Vitamin A: 3207.85IU (64.16%), Manganese: 0.92mg (45.8%), Vitamin B2: 0.75mg (43.83%), Vitamin B3: 6.79mg (33.93%), Copper: 0.64mg (31.96%), Iron: 5.74mg (31.87%), Selenium: 19.45µg (27.79%), Vitamin B5: 2.68mg (26.8%), Fiber: 5.94g (23.77%), Potassium: 814.12mg (23.26%), Phosphorus: 184.9mg (18.49%), Vitamin E: 2.25mg (14.97%), Vitamin C: 12.13mg (14.71%), Vitamin B6: 0.28mg (13.93%), Vitamin K: 14.17µg (13.5%), Vitamin B1: 0.17mg (11.65%), Folate: 44.86µg (11.22%), Zinc: 1.24mg (8.24%), Magnesium: 32.19mg (8.05%), Calcium: 60.57mg (6.06%), Vitamin D: 0.32µg (2.14%), Vitamin B12: 0.08µg (1.32%)