



Gnudi con Fiori di Zucca

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 eggs
- ☐ 0.8 pound ricotta fresh
- ☐ 0.3 cup parmigiano-reggiano grated
- ☐ 4 servings pecorino grated for garnish
- ☐ 20 strands saffron
- ☐ 4 servings salt
- ☐ 0.3 cup flour whole-wheat
- ☐ 3 bunches zucchini blossoms 3 to 4 flowers each

Equipment

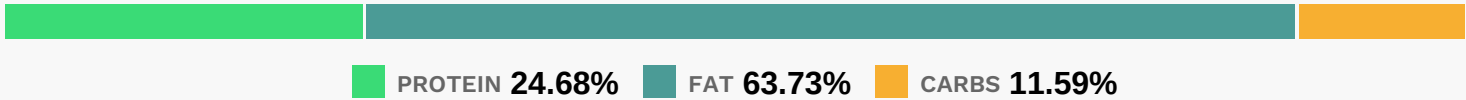
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ mixing bowl
- ☐ pot
- ☐ wooden spoon
- ☐ slotted spoon

Directions

- ☐ Bring 6 quarts of water to a rolling boil and add 2 teaspoons salt.
- ☐ Clean the zucchini blossoms, removing the pistils and gently rinsing them under running water to remove any pollen from the interior.
- ☐ Let air dry. Reserve 4 blossoms and set aside. Being careful not to crush the blossoms, gently chop them into 1/2-inch pieces.
- ☐ In a small mixing bowl, combine the ricotta, chopped zucchini flowers, egg, Parmigiano and half of the flour. Using a wooden spoon, mix until the ingredients are well combined, being careful not to crush the bits of blossom. Salt, to taste. Using your hands, form 8 large gnocchi from the mixture, using all of it.
- ☐ Place the remaining flour in a shallow bowl. Dredge all 8 gnocchi through the flour, so that all sides of the gnocchi are dusted in flour. Gently shake off any excess.
- ☐ Gently drop the gnocchi in the boiling water. When the gnocchi rise to the top, after about 3 to 5 minutes, use a slotted spoon to remove the prepared gnocchi from the pot and set aside to dry.
- ☐ While the gnocchi cooks, combine the butter and saffron in a 10-inch saucepan over a medium flame.
- ☐ Let melt until the saffron colors the butter.
- ☐ Add salt, to taste.
- ☐ Add the remaining 4 blossoms and the drained gnocchi to the pan and cook gently. If the gnocchi has cooled off considerably, allow them to cook for several minutes until reheated.

- ☐
- Divide the gnocchi into 4 warmed pasta bowls.
- ☐
- Garnish with pecorino and serve immediately.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:1.16, Inflammation Score:-5, Nutrition Score:13.150434759648%

Flavonoids

Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg

Nutrients (% of daily need)

Calories: 389.41kcal (19.47%), Fat: 27.73g (42.66%), Saturated Fat: 17.2g (107.53%), Carbohydrates: 11.34g (3.78%), Net Carbohydrates: 10.26g (3.73%), Sugar: 0.6g (0.67%), Cholesterol: 134.79mg (44.93%), Sodium: 786.62mg (34.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.16g (48.31%), Calcium: 581.01mg (58.1%), Phosphorus: 465.83mg (46.58%), Selenium: 27.73µg (39.62%), Manganese: 0.5mg (24.75%), Vitamin B2: 0.37mg (21.65%), Vitamin A: 789.83IU (15.8%), Zinc: 2.35mg (15.64%), Vitamin B12: 0.81µg (13.5%), Magnesium: 40.37mg (10.09%), Iron: 1.19mg (6.62%), Vitamin B6: 0.13mg (6.56%), Vitamin B5: 0.57mg (5.75%), Folate: 22.94µg (5.73%), Vitamin B1: 0.08mg (5.34%), Potassium: 180.32mg (5.15%), Fiber: 1.09g (4.35%), Copper: 0.08mg (3.96%), Vitamin D: 0.57µg (3.81%), Vitamin E: 0.53mg (3.51%), Vitamin B3: 0.64mg (3.21%), Vitamin K: 2.45µg (2.33%)