

food
network



HEALTH SCORE

52%

Green Gnocchi with Blue Cheese: Gnocchi Verde Carduta Del Formaggio



Vegetarian

READY IN

**85 min.**

SERVINGS

**4**

CALORIES

**528 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces butter
- ☐ 1 Handful chili flakes
- ☐ 0.3 cup chives chopped
- ☐ 1 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 4 ounces gorgonzola
- ☐ 1 ounce grappa

- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parsley leaves chopped
- ☐ 1 pound potatoes boiled
- ☐ 1 pinch salt
- ☐ 2 pounds pkt spinach fresh dry rinsed

Equipment

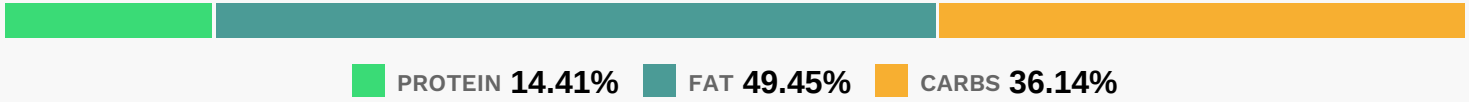
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ kitchen towels
- ☐ potato ricer

Directions

- ☐ Set up a small ice bath.
- ☐ In a pan, heat extra-virgin olive oil over high heat, then toss in spinach with salt. Cook for about 1 minute.
- ☐ Remove spinach and shock in a bowl of cold ice water.
- ☐ Place spinach in a clean dish towel and wring spinach dry by twisting and squeezing. Using a knife, chop the spinach extremely finely.
- ☐ Meanwhile, take the warm boiled potatoes, peel them, and run them through a food mill on smallest setting, or a ricer.
- ☐ Add the chopped spinach to the potatoes, and mix to combine. Make well in center of the spinach potato mixture, add the flour, egg, and salt, and knead to form a dough.
- ☐ Bring 6 quarts water to boil and add 2 tablespoons salt.
- ☐ Roll the dough into 1-inch thick ropes and cut into 1-inch long pieces. Flick the dough off the tines of a fork to establish the classic gnocchi shape. Drop 10 to 15 gnocchi at a time into boiling water. When they float, all together, remove the gnocchi to the ice bath.
- ☐ Drain well. Repeat until all the gnocchi have been boiled.
- ☐ In a 12 to 14-inch saute pan, mash together the Gorgonzola and the butter until smooth.

- ☐ Add the grappa and simmer until the liquid evaporates, about 4 minutes. Toss gnocchi into pan with the Gorgonzola and butter until well combined.
- ☐ Add chopped parsley and a handful of chili flakes and chives.
- ☐ Pour into warmed pasta bowls and serve.

Nutrition Facts



Properties

Glycemic Index:86.19, Glycemic Load:28.72, Inflammation Score:-10, Nutrition Score:45.290000221004%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 15.68mg, Kaempferol: 15.68mg, Kaempferol: 15.68mg, Kaempferol: 15.68mg Myricetin: 1.35mg, Myricetin: 1.35mg, Myricetin: 1.35mg, Myricetin: 1.35mg Quercetin: 9.93mg, Quercetin: 9.93mg, Quercetin: 9.93mg, Quercetin: 9.93mg

Nutrients (% of daily need)

Calories: 528.43kcal (26.42%), Fat: 28.98g (44.58%), Saturated Fat: 14.12g (88.26%), Carbohydrates: 47.66g (15.89%), Net Carbohydrates: 39.27g (14.28%), Sugar: 2.69g (2.99%), Cholesterol: 92.66mg (30.89%), Sodium: 635.33mg (27.62%), Alcohol: 2.86g (100%), Alcohol %: 0.83% (100%), Protein: 19g (38%), Vitamin K: 1170.66µg (1114.91%), Vitamin A: 22397.73IU (447.95%), Folate: 525.22µg (131.3%), Manganese: 2.39mg (119.65%), Vitamin C: 92.51mg (112.13%), Magnesium: 221.83mg (55.46%), Potassium: 1892.29mg (54.07%), Iron: 8.76mg (48.65%), Vitamin B2: 0.75mg (44.29%), Vitamin B6: 0.87mg (43.27%), Vitamin E: 6.28mg (41.88%), Calcium: 409.28mg (40.93%), Phosphorus: 340.35mg (34.03%), Fiber: 8.39g (33.56%), Vitamin B1: 0.47mg (31.38%), Selenium: 18.26µg (26.09%), Copper: 0.48mg (24.12%), Vitamin B3: 4.62mg (23.09%), Zinc: 2.67mg (17.79%), Vitamin B5: 1.29mg (12.85%), Vitamin B12: 0.47µg (7.8%), Vitamin D: 0.36µg (2.41%)