



## Hazelnut Gnocchi with Sage Glaze

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



167 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 1 large egg yolk
- 1 tablespoon less-sodium chicken broth fat-free
- 4.5 ounces flour all-purpose divided
- 1.5 teaspoons sage fresh chopped
- 1 garlic clove minced
- 0.5 cup hazelnut meal

- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 0.3 cup water
- 1 gallon water
- 1 pound yukon gold potatoes peeled cut into 2-inch pieces

## Equipment

- frying pan
- baking sheet
- sauce pan
- knife
- pot
- potato masher
- microwave
- measuring cup
- slotted spoon
- colander

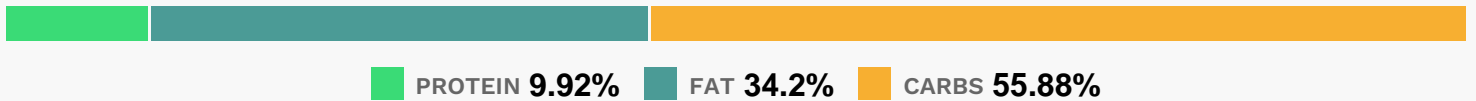
## Directions

- To prepare gnocchi, combine 1/4 cup water and potatoes in a microwave-safe dish. Cover and microwave at HIGH 10 minutes or until tender.
- Drain potatoes; mash potatoes with a potato masher. Cool 5 minutes.
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine potatoes, 3/4 cup flour, hazelnut meal, and next 3 ingredients (through egg yolk); mix well. Knead until smooth (about 2 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- Divide dough into 4 equal portions. Shape each portion into a 12-inch-long rope.
- Cut each rope into 20 pieces; roll each piece into a ball. Working with one dough piece at a time (cover remaining dough to prevent drying), using your thumb, roll dough piece down the tines of a lightly floured fork (gnocchi will have ridges on one side and an indentation on the

other).

- Place gnocchi on a lightly floured baking sheet.
- Bring 1 gallon water to a boil in a large stockpot.
- To prepare glaze, melt butter in a small saucepan over medium heat.
- Add 1 minced garlic clove to pan; cook 30 seconds.
- Add broth; bring to a boil. Stir in sage, 1/4 teaspoon salt, and pepper.
- Remove from heat.
- Add half of gnocchi to boiling water; cook 3 minutes or until done (gnocchi will rise to the surface).
- Remove cooked gnocchi with a slotted spoon; place in a colander. Repeat procedure with remaining uncooked gnocchi.
- Serve drizzled with warm glaze.

## Nutrition Facts



## Properties

Glycemic Index:33.84, Glycemic Load:16.1, Inflammation Score:-3, Nutrition Score:8.6973912327186%

## Flavonoids

Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## Nutrients (% of daily need)

Calories: 166.95kcal (8.35%), Fat: 6.42g (9.88%), Saturated Fat: 1.4g (8.75%), Carbohydrates: 23.62g (7.87%), Net Carbohydrates: 21.15g (7.69%), Sugar: 0.75g (0.84%), Cholesterol: 26.71mg (8.9%), Sodium: 265.69mg (11.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.38%), Copper: 1.3mg (65.1%), Vitamin C: 11.58mg (14.04%), Manganese: 0.25mg (12.45%), Vitamin B1: 0.18mg (11.76%), Folate: 41.45µg (10.36%), Fiber: 2.47g (9.88%), Selenium: 6.88µg (9.83%), Vitamin B6: 0.19mg (9.34%), Iron: 1.65mg (9.18%), Vitamin B3: 1.55mg (7.77%), Potassium: 263.03mg (7.52%), Vitamin B2: 0.11mg (6.48%), Phosphorus: 59.26mg (5.93%), Magnesium: 22.36mg (5.59%), Calcium: 40.2mg (4.02%), Vitamin B5: 0.31mg (3.08%), Zinc: 0.39mg (2.58%), Vitamin A: 75.88IU (1.52%), Vitamin K: 1.37µg (1.31%)