



## Herb Ricotta Gnocchi With Quick Tomato Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



718 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 28 ounce canned tomatoes italian chopped canned
- ☐ 1 large eggs lightly beaten
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1.5 cups flour all-purpose divided
- ☐ 4 tablespoons basil fresh divided chopped
- ☐ 2 teaspoons mint leaves fresh finely chopped
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 2 teaspoons garlic clove minced

- ☐ 4 servings pepper black freshly ground
- ☐ 1 pound ricotta cheese (see note above)
- ☐ 0.8 cup parmesan cheese divided grated
- ☐ 4 servings olive oil extra virgin extra-virgin grated for serving
- ☐ 1 pinch pepper red

## Equipment

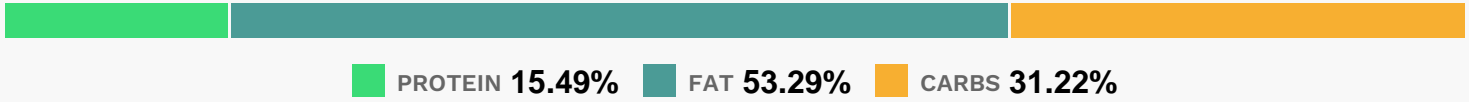
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ pot
- ☐ colander

## Directions

- ☐ In a small saucepan, heat the oil over medium heat until shimmering, then add the garlic and cook, stirring, until fragrant but not browned, about 1 minute.
- ☐ Add the tomatoes, stir, and bring to a boil. Reduce the heat to a simmer, season with 1/2 teaspoon salt, 1/2 teaspoon pepper, and red pepper flakes.
- ☐ Add 2 tablespoons chopped basil, stir, and cook for 5 minutes, then remove from heat. Season to taste with more salt and pepper as desired.
- ☐ In a bowl, place the Ricotta cheese, 1/3 cup of grated cheese, egg, parsley, mint, remaining tablespoon basil, and 1 teaspoon of salt.
- ☐ Add 1 cup of the flour and mix with a spoon until you have formed a shaggy dough. Dump the dough out onto a lightly floured surface, and knead a few times with your hands, adding an additional tablespoon or two of flour if the dough is too sticky.
- ☐ Divide the dough into fist size pieces, and roll into long logs as thick as your thumb, lightly dusting with flour as needed to prevent sticking.
- ☐ Cut into 1 inch slices and gently place on a lightly floured baking sheet. Continue with the rest of the dough in this manner. If not using immediately, place in the refrigerator.
- ☐ Bring a large pot of salted water to boil, and drop the gnocchi into the water.
- ☐ Remove as soon as most have floated to the top, 4 to 5 minutes.

- ☐
- Drain in a colander, and return to the pot.
- ☐
- Place a large scoop of sauce on the gnocchi and gently shake the pot to mix.
- ☐
- Serve in individual bowls with an additional spoonful of sauce on top, sprinkled with cheese, basil, and olive oil.

Nutrition Facts



Properties

Glycemic Index:76, Glycemic Load:31.08, Inflammation Score:-9, Nutrition Score:31.247826275618%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 718.29kcal (35.91%), Fat: 43.23g (66.51%), Saturated Fat: 15.76g (98.52%), Carbohydrates: 56.97g (18.99%), Net Carbohydrates: 51.71g (18.8%), Sugar: 9.28g (10.31%), Cholesterol: 120.65mg (40.22%), Sodium: 707.32mg (30.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.28g (56.55%), Vitamin K: 94.92µg (90.4%), Selenium: 44.16µg (63.08%), Calcium: 494.27mg (49.43%), Phosphorus: 442.78mg (44.28%), Vitamin B2: 0.69mg (40.3%), Vitamin E: 5.94mg (39.6%), Manganese: 0.78mg (38.84%), Vitamin B1: 0.55mg (36.58%), Folate: 139.37µg (34.84%), Iron: 5.94mg (33.02%), Vitamin A: 1592.59IU (31.85%), Vitamin C: 24.09mg (29.2%), Vitamin B3: 5.42mg (27.09%), Copper: 0.49mg (24.52%), Potassium: 837.42mg (23.93%), Zinc: 3.23mg (21.53%), Vitamin B6: 0.43mg (21.47%), Fiber: 5.26g (21.05%), Magnesium: 74.32mg (18.58%), Vitamin B5: 1.28mg (12.81%), Vitamin B12: 0.75µg (12.5%), Vitamin D: 0.57µg (3.8%)