



Istrian Gnocchi with Truffle Cream

READY IN



45 min.

SERVINGS



4

CALORIES



508 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 teaspoons truffle butter
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.7 cup heavy cream
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 4 servings parmigiano-reggiano grated
- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup water

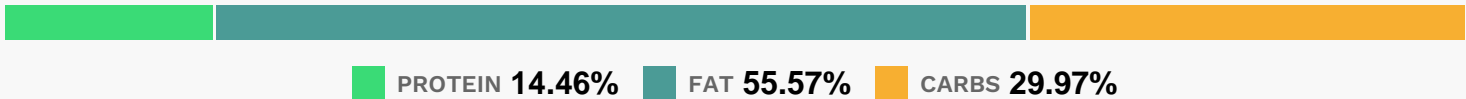
Equipment

- ☐ frying pan
- ☐ pot
- ☐ plastic wrap
- ☐ kitchen towels

Directions

- ☐ Sift flour in a mound on a wooden board or work surface and make a well in center.
- ☐ Add egg, salt, oil, and 1/4 cup water to well and mix with a fork, gathering flour gradually into egg mixture to form a dough. If it seems dry, add water (up to 2 tablespoons). Knead on a lightly floured surface, incorporating just enough flour to keep dough from sticking, until smooth and elastic, 8 to 10 minutes.
- ☐ Quarter dough. Working with 1 piece at a time (keep remainder covered with plastic wrap), roll dough between your palms into a 6-inch log, then cut crosswise into about 26 (1/8-inch-thick) pieces.
- ☐ Roll each piece between your palms into a 3-inch-long log that is 1/4 inch thick in center, tapering to 1/8 inch thick at ends.
- ☐ Transfer to a flour-dusted kitchen towel (not terry cloth).
- ☐ Cook gnocchi in a pasta pot of boiling salted water (2 tablespoons salt for 6 quarts water) until cooked through, 15 to 18 minutes.
- ☐ Meanwhile, heat cream with truffle butter and 1/4 teaspoon each of salt and pepper in a 12-inch heavy skillet over medium heat until hot.
- ☐ Drain pasta and add to cream mixture along with cheese, then toss over medium-high heat until coated.
- ☐ Gnocchi can be formed (but not cooked) 1 hour ahead and kept, covered with a kitchen towel, at room temperature.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:26.14, Inflammation Score:-7, Nutrition Score:14.038260834373%

Nutrients (% of daily need)

Calories: 507.76kcal (25.39%), Fat: 31.27g (48.11%), Saturated Fat: 17.56g (109.77%), Carbohydrates: 37.96g (12.65%), Net Carbohydrates: 36.69g (13.34%), Sugar: 1.57g (1.75%), Cholesterol: 122.47mg (40.82%), Sodium: 1415.01mg (61.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.31g (36.62%), Calcium: 397.63mg (39.76%), Selenium: 27.72µg (39.6%), Phosphorus: 307.78mg (30.78%), Vitamin B2: 0.46mg (27.33%), Vitamin B1: 0.39mg (26.19%), Folate: 95.49µg (23.87%), Vitamin A: 1009.85IU (20.2%), Manganese: 0.33mg (16.59%), Iron: 2.71mg (15.04%), Vitamin B3: 2.89mg (14.43%), Zinc: 1.42mg (9.45%), Vitamin B12: 0.54µg (9.05%), Vitamin E: 1.21mg (8.07%), Magnesium: 28.06mg (7.01%), Vitamin D: 1.03µg (6.9%), Vitamin B5: 0.64mg (6.39%), Fiber: 1.27g (5.06%), Copper: 0.09mg (4.68%), Vitamin K: 4.41µg (4.2%), Vitamin B6: 0.08mg (4.16%), Potassium: 134.1mg (3.83%)