



Mascarpone And Lemon Gnocchi With Butter Thyme Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



715 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 large eggs at room temperature
- ☐ 1 large egg yolk at room temperature
- ☐ 0.8 cup flour all-purpose for forming the gnocchi
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 teaspoon kosher salt
- ☐ 2 lemon zest
- ☐ 8 ounces mascarpone cheese at room temperature

- ☐ 4 ounces parmesan grated
- ☐ 0.3 cup pecorino romano cheese shaved
- ☐ 0.5 cup butter unsalted

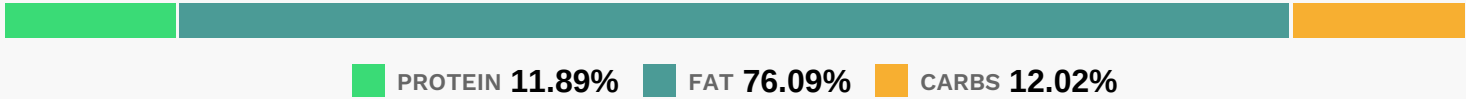
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ hand mixer
- ☐ slotted spoon
- ☐ pie form

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the mascarpone cheese, Parmesan, salt, nutmeg, lemon zest, egg and egg yolk in a bowl. Beat together using a hand mixer on medium speed until light and fluffy, about 1 minute. Gradually beat in the flour until the mixture forms a soft dough.
- ☐ Sprinkle a pie pan or rimmed baking sheet with flour. Drop 1-teaspoon-size pieces of dough into the pie pan using 2 small spoons. Shake the pan gently to cover the dough with flour. Gently roll the pieces of dough into oval shapes.
- ☐ Bring a large saucepan of salted water to a simmer.
- ☐ For the sauce: Meanwhile, cook the butter and salt in a heavy medium skillet until it begins to brown, about 2 minutes.
- ☐ Remove the skillet from the heat and stir in the thyme leaves. Set aside.
- ☐ Carefully add the gnocchi, in batches, to the simmering water. The gnocchi should sink and then float to the top. As soon as the gnocchi begin to float, cook for 5 to 6 minutes.
- ☐ Transfer to the hot thyme butter in the skillet using a slotted spoon. Toss to coat.
- ☐ Spoon the gnocchi and butter sauce into shallow bowls. Top with the Pecorino Romano and serve.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:13.35, Inflammation Score:-10, Nutrition Score:13.303912929867%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg

Nutrients (% of daily need)

Calories: 714.62kcal (35.73%), Fat: 60.16g (92.56%), Saturated Fat: 37.05g (231.55%), Carbohydrates: 21.39g (7.13%), Net Carbohydrates: 20.17g (7.33%), Sugar: 0.58g (0.65%), Cholesterol: 235.88mg (78.63%), Sodium: 1165.45mg (50.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.15g (42.31%), Calcium: 516.04mg (51.6%), Vitamin A: 1963.78IU (39.28%), Phosphorus: 320.17mg (32.02%), Selenium: 21.76µg (31.08%), Vitamin B2: 0.33mg (19.59%), Folate: 59.52µg (14.88%), Vitamin B1: 0.21mg (14.29%), Iron: 2.05mg (11.37%), Vitamin B12: 0.65µg (10.88%), Manganese: 0.21mg (10.45%), Zinc: 1.43mg (9.55%), Vitamin C: 6.68mg (8.09%), Vitamin B3: 1.53mg (7.67%), Vitamin D: 1.08µg (7.19%), Vitamin E: 1mg (6.65%), Magnesium: 25.97mg (6.49%), Vitamin B5: 0.62mg (6.24%), Fiber: 1.22g (4.89%), Vitamin B6: 0.09mg (4.49%), Copper: 0.08mg (3.79%), Potassium: 101.24mg (2.89%), Vitamin K: 2.74µg (2.61%)