



Potato Gnocchi

READY IN



45 min.

SERVINGS



4

CALORIES



856 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 large egg yolk
- ☐ 1.5 cups flour all-purpose as needed plus more
- ☐ 4 servings kosher salt
- ☐ 4 servings nutmeg freshly ground
- ☐ 0.8 cup parmesan grated
- ☐ 3 pounds baking potatoes peeled
- ☐ 8 sage fresh
- ☐ 0.8 cup butter unsalted ()

Equipment

- ☐ baking sheet
- ☐ pot
- ☐ potato ricer

Directions

- ☐ Place the potatoes in a medium stock pot and add enough cold water to cover by about 2 inches. Salt the water and bring it to a boil over moderately high heat. Cook the potatoes until easily pierced with a fork, 12 to 14 minutes, depending on the size of the potatoes.
- ☐ Drain the potatoes and dry them in the pot over low heat, about 3 minutes. Push the potatoes through a food mill or potato ricer onto a lightly floured work surface.
- ☐ Gather the potatoes into a mound and make a well in the center.
- ☐ Sprinkle half the flour into the well and gently add in the eggs, egg yolk, and nutmeg.
- ☐ Mix the ingredients by hand until a soft dough forms. If necessary, add more flour, a little at a time, until the dough has a smooth, evenly moistened consistency.
- ☐ Lightly flour your work surface and divide the dough into six or eight portions.
- ☐ Roll the portions into 1-inch-thick ropes and cut the ropes into 1-inch pieces.
- ☐ Roll the gnocchi over a fork to shape them, if desired. Once shaped, the gnocchi can be kept, on a floured baking sheet and loosely covered, in the refrigerator up to 8 hours.
- ☐ When you're ready to serve the gnocchi, bring a large pot of salted water to a boil.
- ☐ Add the gnocchi and stir a few times to submerge and separate them. Cook at a gentle boil until the gnocchi are tender and just beginning to float, 2 to 3 minutes.
- ☐ Drain the gnocchi thoroughly and serve with a desired sauce or cheese.
- ☐ In a medium pot over medium-high heat, melt 3/4 cup (1 1/2 sticks) unsalted butter with 8 torn fresh sage leaves. Cook until the butter is slightly browned and smells nutty, 2 to 3 minutes.
- ☐ Place the gnocchi in a serving dish and sprinkle with 3/4 cup grated Parmigiano-Reggiano cheese. Spoon the brown butter over the gnocchi and garnish with the sage leaves.

Nutrition Facts



 **PROTEIN 9.53%**  **FAT 44.72%**  **CARBS 45.75%**

Properties

Glycemic Index:64.19, Glycemic Load:74.79, Inflammation Score:-8, Nutrition Score:27.557391249615%

Nutrients (% of daily need)

Calories: 856.04kcal (42.8%), Fat: 43.08g (66.28%), Saturated Fat: 26.43g (165.21%), Carbohydrates: 99.18g (33.06%), Net Carbohydrates: 93.07g (33.84%), Sugar: 3.03g (3.37%), Cholesterol: 196.06mg (65.35%), Sodium: 521.2mg (22.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.66g (41.32%), Vitamin B6: 1.25mg (62.28%), Manganese: 0.93mg (46.52%), Vitamin B1: 0.68mg (45.23%), Potassium: 1512.88mg (43.23%), Phosphorus: 415.51mg (41.55%), Selenium: 26.69µg (38.13%), Folate: 149.93µg (37.48%), Copper: 0.7mg (35.2%), Vitamin B3: 6.39mg (31.93%), Iron: 5.57mg (30.93%), Calcium: 298.77mg (29.88%), Vitamin B2: 0.47mg (27.45%), Vitamin A: 1338.09IU (26.76%), Magnesium: 101.89mg (25.47%), Fiber: 6.11g (24.44%), Vitamin C: 19.45mg (23.58%), Vitamin B5: 1.62mg (16.15%), Zinc: 2.11mg (14.06%), Vitamin K: 9.62µg (9.16%), Vitamin E: 1.31mg (8.73%), Vitamin D: 1.19µg (7.94%), Vitamin B12: 0.46µg (7.72%)