



Potato Gnocchi



Vegetarian



Dairy Free



Popular

READY IN



130 min.

SERVINGS



6

CALORIES



282 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 lbs baking potatoes whole
- ☐ 2 egg yolks beaten
- ☐ 1.5 cups flour
- ☐ 1 pinch salt
- ☐ 6 servings pasta sauce your favorite (for example, this basic, delicious tomato sauce)

Equipment

- ☐ bowl
- ☐ sauce pan

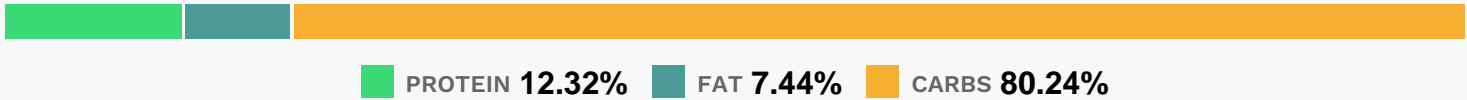
- ☐ oven
- ☐ baking pan
- ☐ wax paper
- ☐ slotted spoon
- ☐ potato ricer

Directions

- ☐ Bake the potatoes: Preheat oven to 350°F. Spear the potatoes with fork tines in several places around each potato to vent moisture as the potatoes cook.
- ☐ Bake the potatoes in their skins until tender, about an hour.
- ☐ Let cool on a rack, cutting them open to help cool and let more moisture escape.
- ☐ Mash and fluff potatoes: Scoop out the potatoes from their skins. Mash the potatoes and fluff them up with a fork into a large bowl.
- ☐ (It works great to pass the potatoes through a potato ricer if you have one.) It is best to work with the potatoes when they are still warm.
- ☐ Add the flour, egg and a pinch of salt.
- ☐ Mix by hand until you have a nice pliable ball of dough. Do not over-mix.
- ☐ Roll pieces of dough into long cylinders: Prepare a work area and dust it with flour. Take the dough, a piece at a time, and roll it out gently with your hands until you have rolls about 3/4 inch in diameter.
- ☐ It is very important to keep a light touch while you are rolling the dough! Gently roll the dough with your fingertips while exerting the lightest pressure outwards, not down, to draw the dough out.
- ☐ Cut into pieces, and form indentations:
- ☐ Cut the tubes of dough into pieces about one inch long. Using either the tines of a fork or your fingertip, press against a piece of the dough and roll it slightly to form an indentation (good for catching the sauce).
- ☐ As the gnocchi are made, place them on flat baking pan, lightly dusted with flour or lined with wax paper.
- ☐ At this point you can freeze the gnocchi ahead of time. Freeze them first on a floured or lined tray, then once frozen you can put them into a freezer bag for more easy storage. To cook, just put the frozen gnocchi into the simmering water for the next step.

- ☐
- Drop gnocchi into simmering water: Bring at least 6 quarts of salted water to a boil in a shallow saucepan. Gently drop the gnocchi, a few at a time, into the water. As soon as they rise to the surface, remove them with a slotted spoon, draining well. Arrange on a warm serving dish. Continue cooking the gnocchi in the same manner.
- ☐
- Serve with sauce: As soon as all the gnocchi are ready, pour heated pasta sauce over them and sprinkle with the parsley.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.13, Glycemic Load:40.84, Inflammation Score:-7, Nutrition Score:16.472173856652%

Nutrients (% of daily need)

Calories: 281.92kcal (14.1%), Fat: 2.38g (3.67%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 57.89g (19.3%), Net Carbohydrates: 53.24g (19.36%), Sugar: 5.42g (6.02%), Cholesterol: 64.8mg (21.6%), Sodium: 598.17mg (26.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.89g (17.78%), Vitamin B6: 0.68mg (33.82%), Potassium: 1034.3mg (29.55%), Manganese: 0.58mg (29.24%), Vitamin B1: 0.41mg (27.28%), Folate: 98.14µg (24.54%), Vitamin B3: 4.63mg (23.13%), Iron: 4.09mg (22.72%), Selenium: 15.29µg (21.85%), Vitamin C: 17.19mg (20.84%), Fiber: 4.65g (18.59%), Vitamin B2: 0.32mg (18.56%), Phosphorus: 173.38mg (17.34%), Copper: 0.35mg (17.31%), Magnesium: 60.33mg (15.08%), Vitamin E: 1.95mg (13.02%), Vitamin A: 618.46IU (12.37%), Vitamin B5: 1.15mg (11.5%), Zinc: 1.06mg (7.1%), Vitamin K: 6.29µg (5.99%), Calcium: 49.24mg (4.92%), Vitamin D: 0.32µg (2.16%), Vitamin B12: 0.12µg (1.95%)