



Potato Gnocchi in Mushroom Broth

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



331 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.8 pounds baking potatoes
- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 1 cup carrots (1-inch)
- 2 cups carrots thinly sliced
- 1.5 cups celery thinly sliced
- 2 cups crimini mushrooms thinly sliced
- 3 cups crimini mushrooms sliced

- 1 large egg yolk
- 1.5 cups flour all-purpose divided
- 2 tablespoons chives fresh chopped
- 1 cup leek (1-inch)
- 2 cups leek thinly sliced
- 1 tablespoon soy sauce low-sodium
- 0.5 teaspoon salt
- 1 teaspoon salt
- 1 ounce shiitake mushrooms dried
- 5 thyme sprigs
- 6 cups water
- 12 cups water

Equipment

- bowl
- frying pan
- baking sheet
- ladle
- oven
- knife
- sieve
- measuring cup
- slotted spoon
- dutch oven
- colander

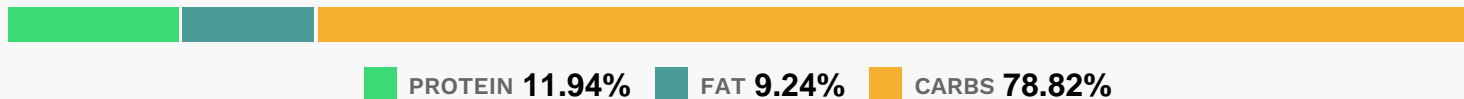
Directions

- To prepare broth, combine first 9 ingredients in a Dutch oven; bring to a boil. Cover, reduce heat, and simmer 45 minutes. Strain through a sieve into a bowl; discard solids. Stir in soy

sauce.

- Preheat oven to 40
- Melt butter in a large nonstick skillet over medium heat.
- Add 2 cups mushrooms, 1 cup leek, and 1 cup carrot; cook 10 minutes or until tender, stirring occasionally. Set aside.
- To prepare gnocchi, pierce potatoes with a fork; bake at 400 for 1 hour or until tender. Cool slightly. Peel potatoes; mash. Lightly spoon flour into dry measuring cups, and level with a knife.
- Combine potatoes, 1 1/4 cups flour, 1 teaspoon salt, and egg yolk. Stir well to form a smooth dough. Turn dough out onto a lightly floured surface. Knead until smooth; add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands. Divide dough into 4 equal portions, and shape each portion into a 15-inch-long rope.
- Cut each rope into 15 (1-inch) pieces, and roll each piece into a ball. Drag a fork's tines over each ball, forming a concave shape.
- Place the gnocchi on a baking sheet coated with cooking spray. Cover and set aside.
- Bring water to a boil in a large Dutch oven.
- Add half of gnocchi; cook 1 1/2 minutes or until gnocchi float. (Do not overcook or gnocchi will fall apart.)
- Remove gnocchi with a slotted spoon; place in a colander. Repeat procedure with remaining gnocchi. Bring broth to a simmer; stir in mushroom mixture.
- Place 10 gnocchi in each of 6 soup bowls. Ladle 1 cup broth mixture into each bowl; sprinkle with chives.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:86.9, Glycemic Load:40.03, Inflammation Score:-10, Nutrition Score:29.990000175393%

Flavonoids

Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 331.3kcal (16.57%), Fat: 3.53g (5.43%), Saturated Fat: 1.63g (10.18%), Carbohydrates: 67.7g (22.57%), Net Carbohydrates: 61.03g (22.19%), Sugar: 7.2g (8%), Cholesterol: 35.62mg (11.87%), Sodium: 814.07mg (35.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.26g (20.51%), Vitamin A: 11731.55IU (234.63%), Manganese: 0.95mg (47.34%), Copper: 0.94mg (47.11%), Selenium: 31.15µg (44.5%), Vitamin B6: 0.81mg (40.57%), Vitamin K: 41.82µg (39.83%), Folate: 154.97µg (38.74%), Vitamin B2: 0.64mg (37.91%), Potassium: 1300.35mg (37.15%), Vitamin B3: 7.1mg (35.52%), Vitamin B1: 0.51mg (33.78%), Vitamin B5: 2.87mg (28.73%), Fiber: 6.67g (26.67%), Phosphorus: 254.2mg (25.42%), Iron: 4.38mg (24.35%), Vitamin C: 19.52mg (23.66%), Magnesium: 83.04mg (20.76%), Zinc: 2.05mg (13.65%), Calcium: 122.38mg (12.24%), Vitamin E: 1.08mg (7.2%), Vitamin D: 0.4µg (2.65%), Vitamin B12: 0.12µg (1.99%)