



## Potato Gnocchi with Bolognese

READY IN



45 min.

SERVINGS



6

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2.5 pounds baking potatoes
- 1 bay leaf
- 0.5 pound beef stew meat trimmed cut into 2-inch pieces
- 28 ounce canned tomatoes diced undrained canned
- 0.5 cup carrots chopped
- 0.5 cup celery chopped
- 0.4 ounce porcini mushrooms dried chopped
- 2 large egg yolks
- 1.3 cups flour all-purpose divided

- 0.5 cup flat-leaf parsley fresh finely chopped
- 2 garlic cloves minced
- 1.5 cups milk 2% reduced-fat
- 1.5 cups onion chopped
- 1.5 ounces parmesan cheese fresh grated
- 0.3 teaspoon salt
- 0.8 teaspoon salt
- 0.5 pound pork stew meat trimmed cut into 2-inch pieces
- 1 tablespoon teaspoon thyme dried fresh chopped
- 1 teaspoon vegetable oil
- 1 gallon water

## Equipment

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

## Directions

- To prepare sauce, heat 1 teaspoon oil in a large Dutch oven over medium-high heat.
- Add beef and pork; cook 3 minutes, browning on all sides.
- Remove meat from pan, and cool slightly. Finely chop meat.
- Heat pan over medium heat.

- Add onion, celery, carrot, porcini, and garlic cloves; cook 10 minutes, stirring occasionally.
- Add chopped meat, milk, 3/4 teaspoon salt, tomatoes, and bay leaf; bring to a boil. Cover, reduce heat, and simmer 1 hour. Uncover and cook 45 minutes, stirring occasionally. Stir in parsley and thyme; cook 15 minutes or until slightly thick, stirring occasionally. Discard bay leaf.
- To prepare the gnocchi, preheat oven to 400
- Bake potatoes at 400 for 1 1/2 hours or until done; cool slightly.
- Cut each potato in half lengthwise; scoop out pulp. Discard skins. Mash pulp.
- Place 4 cups mashed potatoes in a large bowl, reserving remaining mashed potatoes for another use. Lightly spoon flour into dry measuring cups; level with a knife.
- Add 1 cup flour, 1/4 teaspoon salt, and egg yolks to 4 cups mashed potatoes, and stir to combine. Knead until smooth (about 2 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- Divide dough into 6 portions. Shape each portion into a 10-inch-long rope.
- Cut each rope into 10 (1-inch) pieces; roll each piece into a ball. Working with one dough piece at a time (cover remaining dough to prevent drying), using your thumb or index finger, roll dough piece down the tines of a lightly floured fork (gnocchi will have ridges on one side and an indentation on the other).
- Place gnocchi on a lightly floured baking sheet.
- Bring 1 gallon water to a boil in a large stockpot.
- Add half of gnocchi; cook 3 minutes or until done (gnocchi will rise to the surface).
- Remove cooked gnocchi with a slotted spoon; place in a colander. Repeat procedure with remaining uncooked gnocchi.
- Serve immediately with sauce.
- Sprinkle with cheese.

## Nutrition Facts

**PROTEIN 24.96%** **FAT 17.38%** **CARBS 57.66%**

## Properties

Glycemic Index:72.93, Glycemic Load:45.41, Inflammation Score:-10, Nutrition Score:39.46086979949%

## Flavonoids

Apigenin: 11.05mg, Apigenin: 11.05mg, Apigenin: 11.05mg, Apigenin: 11.05mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg

## Nutrients (% of daily need)

Calories: 505.75kcal (25.29%), Fat: 9.94g (15.29%), Saturated Fat: 4.03g (25.18%), Carbohydrates: 74.22g (24.74%), Net Carbohydrates: 66.88g (24.32%), Sugar: 12.54g (13.94%), Cholesterol: 117.61mg (39.2%), Sodium: 809.06mg (35.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.13g (64.26%), Vitamin K: 99.11µg (94.39%), Vitamin B6: 1.51mg (75.58%), Vitamin A: 2781.89IU (55.64%), Selenium: 38.77µg (55.39%), Vitamin B3: 10.82mg (54.08%), Potassium: 1737.28mg (49.64%), Phosphorus: 490.76mg (49.08%), Manganese: 0.88mg (44.17%), Vitamin C: 35.81mg (43.41%), Vitamin B1: 0.6mg (40.27%), Copper: 0.79mg (39.58%), Iron: 7.04mg (39.11%), Vitamin B2: 0.6mg (35.25%), Zinc: 5.23mg (34.88%), Folate: 136.59µg (34.15%), Vitamin B12: 1.91µg (31.78%), Magnesium: 123.19mg (30.8%), Calcium: 298.87mg (29.89%), Fiber: 7.34g (29.38%), Vitamin B5: 2.31mg (23.09%), Vitamin E: 2.3mg (15.3%), Vitamin D: 0.41µg (2.74%)