



## Potato Gnocchi with Lemon-Thyme Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



188 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 20 ounce baking potatoes
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 teaspoons butter
- ☐ 2.5 ounces flour all-purpose ()
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 1 Dash kosher salt
- ☐ 1.8 teaspoons kosher salt divided
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated

- ☐ 4 teaspoons olive oil extra-virgin
- ☐ 2 tablespoons parmigiano-reggiano cheese fresh shaved
- ☐ 0.5 cup shallots finely chopped
- ☐ 1 gallon water

## Equipment

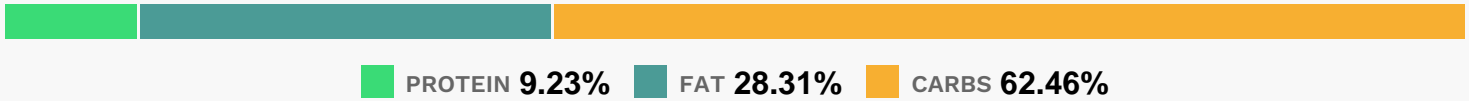
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ measuring cup
- ☐ slotted spoon
- ☐ dutch oven
- ☐ colander
- ☐ potato ricer

## Directions

- ☐ Preheat oven to 400
- ☐ Pierce potatoes with a fork; bake at 400 for 1 hour or until tender. Cool slightly. Peel potatoes; discard peels. Press cooked potatoes through a potato ricer into a large bowl. Weigh or lightly spoon flour into a dry measuring cup and spoon; level with a knife.
- ☐ Combine potatoes, flour, and 3/4 teaspoon salt. Stir well to form a dough.
- ☐ Turn dough out onto a lightly floured surface. Knead until smooth. Divide dough into 4 equal portions, shaping each portion into a 20-inch-long rope.
- ☐ Cut each rope into 20 (1-inch) pieces; roll each piece into a ball. Working with 1 dough piece at a time (cover remaining dough to prevent drying), using your thumb, roll dough piece down the tines of a lightly floured fork (gnocchi will have ridges on 1 side and an indentation on the other).
- ☐ Place gnocchi on a baking sheet coated with cooking spray. Cover and set aside.

- ☐ Bring 1 gallon water and 1 teaspoon salt to boil in a large Dutch oven.
- ☐ Add half of gnocchi to boiling water; cook gnocchi for 1 1/2 minutes or until done (gnocchi will rise to the surface).
- ☐ Remove gnocchi with a slotted spoon, and place in a colander to drain. Repeat procedure with remaining gnocchi.
- ☐ Heat butter and olive oil in a medium skillet over medium heat.
- ☐ Add shallots to pan; cook for 10 minutes or until tender, stirring occasionally (do not brown). Stir in lemon rind, thyme, juice, and dash of salt.
- ☐ Combine butter mixture, gnocchi, cheese, and pepper in a large bowl; toss gently to coat.

## Nutrition Facts



## Properties

Glycemic Index:57.29, Glycemic Load:20.81, Inflammation Score:-7, Nutrition Score:7.868695569913%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 187.57kcal (9.38%), Fat: 6.03g (9.28%), Saturated Fat: 2.41g (15.04%), Carbohydrates: 29.95g (9.98%), Net Carbohydrates: 27.55g (10.02%), Sugar: 2.27g (2.52%), Cholesterol: 8.3mg (2.77%), Sodium: 771.94mg (33.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.85%), Vitamin B6: 0.41mg (20.3%), Manganese: 0.31mg (15.54%), Potassium: 483.53mg (13.82%), Vitamin B1: 0.18mg (12.28%), Vitamin C: 9.97mg (12.08%), Copper: 0.24mg (11.98%), Folate: 42.54µg (10.64%), Iron: 1.77mg (9.81%), Fiber: 2.4g (9.61%), Magnesium: 37.06mg (9.26%), Phosphorus: 90.02mg (9%), Vitamin B3: 1.74mg (8.7%), Selenium: 5.04µg (7.2%), Calcium: 65.77mg (6.58%), Vitamin B2: 0.1mg (6.15%), Vitamin B5: 0.41mg (4.14%), Zinc: 0.57mg (3.77%), Vitamin K: 3.9µg (3.71%), Vitamin E: 0.5mg (3.3%), Vitamin A: 130.78IU (2.62%)