

# Pumpkin Gnocchi



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



114 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 egg yolk
- ☐ 1.5 cups flour
- ☐ 1 pinch nutmeg
- ☐ 2 cups pumpkin/squash puree
- ☐ 0.5 teaspoon salt

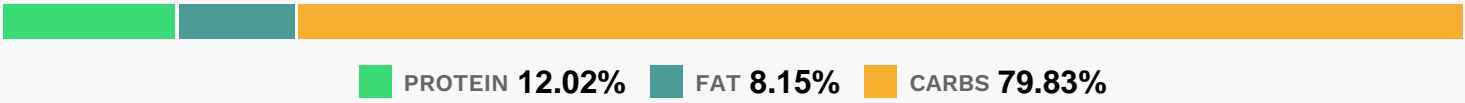
## Equipment

- ☐ sauce pan

# Directions

- ☐ If your pumpkin puree is really wet, simmer it in a sauce pan to dry it out a bit and then let it cool down.
- ☐ Mix the egg yolk into the pumpkin puree.
- ☐ Mix the salt and nutmeg into the flour.
- ☐ Mix enough of the flour into the pumpkin puree to form a soft dough that is not too sticky to work with.
- ☐ Knead the dough for a minute and then roll it out into 4 long thin rolls about 1/2 inch thick.
- ☐ Cut the rolls into 1/2 inch pieces and then roll the pieces in flour lightly shaking off any excess.
- ☐ Roll the pieces over a gnocchi board or a fork to give them the ridges.
- ☐ Cook the gnocchi in boiling water in small batches until it floats to the surface, about 2–3 minutes, remove and set aside to drain.
- ☐ Use as desired.

# Nutrition Facts



# Properties

Glycemic Index:18.13, Glycemic Load:12.96, Inflammation Score:-10, Nutrition Score:10.510869567809%

# Nutrients (% of daily need)

Calories: 114.04kcal (5.7%), Fat: 1.04g (1.6%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 22.98g (7.66%), Net Carbohydrates: 20.55g (7.47%), Sugar: 2.13g (2.37%), Cholesterol: 24.3mg (8.1%), Sodium: 149.97mg (6.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin A: 9564.91IU (191.3%), Vitamin B1: 0.2mg (13.54%), Selenium: 9.45µg (13.5%), Folate: 53.62µg (13.41%), Manganese: 0.26mg (12.82%), Iron: 2.01mg (11.14%), Fiber: 2.44g (9.74%), Vitamin B2: 0.16mg (9.46%), Vitamin K: 9.89µg (9.42%), Vitamin B3: 1.61mg (8.05%), Phosphorus: 55.79mg (5.58%), Copper: 0.1mg (5.12%), Magnesium: 19.59mg (4.9%), Vitamin E: 0.72mg (4.81%), Potassium: 154.17mg (4.4%), Vitamin B5: 0.41mg (4.15%), Vitamin C: 2.58mg (3.12%), Vitamin B6: 0.05mg (2.63%), Calcium: 22.66mg (2.27%), Zinc: 0.32mg (2.15%)