



## Ricotta-Basil Gnocchi

READY IN



75 min.

SERVINGS



6

CALORIES



418 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 2 large eggs
- ☐ 0.3 cup basil fresh minced
- ☐ 3 cups tomatoes
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 cup pecorino cheese grated
- ☐ 1 tablespoon salt
- ☐ 2.3 cups semolina
- ☐ 15 oz whole-milk ricotta cheese

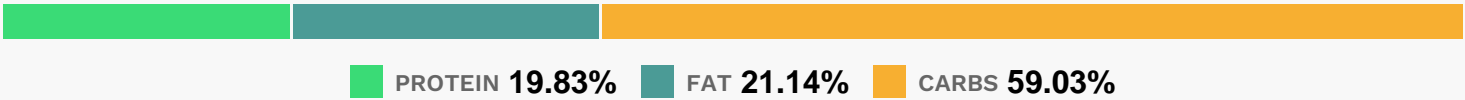
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

## Directions

- ☐ In a large bowl, mix ricotta, 1/2 cup romano cheese, the basil, eggs, olive oil, and 1/2 teaspoon pepper until well blended.
- ☐ Add 2 cups of the semolina and stir until evenly moistened.
- ☐ Scrape dough onto a board lightly coated with semolina and knead until it forms a smooth ball that's no longer sticky, about 20 turns, adding more semolina as needed to prevent sticking.
- ☐ Cut dough into 10 pieces. With your fingers, roll each into a 1/2-inch-thick rope.
- ☐ Cut ropes into 1-inch pieces and lay, slightly apart, on baking sheets lightly coated with semolina.
- ☐ In an 8- to 10-quart pan over high heat, bring 5 quarts water and 1 tablespoon salt to a boil. Gently push gnocchi into water and cook, stirring occasionally, until tender to bite, about 10 minutes.
- ☐ Drain.
- ☐ Spoon marinara sauce into a bowl and mound gnocchi on top.
- ☐ Add more salt, romano, and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:38, Glycemic Load:26.38, Inflammation Score:-7, Nutrition Score:20.68608692418%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 417.88kcal (20.89%), Fat: 9.56g (14.7%), Saturated Fat: 2.74g (17.14%), Carbohydrates: 60.03g (20.01%), Net Carbohydrates: 55.6g (20.22%), Sugar: 6.76g (7.51%), Cholesterol: 82.01mg (27.34%), Sodium: 1942.29mg (84.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.17g (40.35%), Selenium: 65.13µg (93.05%), Vitamin B1: 0.57mg (37.76%), Folate: 139µg (34.75%), Vitamin B2: 0.56mg (32.85%), Manganese: 0.58mg (28.76%), Vitamin B3: 5.13mg (25.67%), Iron: 4.45mg (24.71%), Calcium: 242.86mg (24.29%), Phosphorus: 218.56mg (21.86%), Vitamin E: 2.81mg (18.73%), Fiber: 4.43g (17.71%), Potassium: 520.24mg (14.86%), Copper: 0.29mg (14.25%), Vitamin A: 708.67IU (14.17%), Magnesium: 55.27mg (13.82%), Vitamin B6: 0.22mg (11.22%), Vitamin C: 8.76mg (10.61%), Vitamin B5: 1.05mg (10.5%), Vitamin K: 10.9µg (10.38%), Zinc: 1.39mg (9.3%), Vitamin B12: 0.24µg (4.03%), Vitamin D: 0.38µg (2.5%)