



 7%  
HEALTH SCORE

## Ricotta Gnocchi

 Gluten Free

READY IN



60 min.

SERVINGS



5

CALORIES



390 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 6 basil shredded finely
- 6 basil shredded finely
- 15.5 ounce canned tomatoes diced canned
- 2 eggs
- 8 ounces mozzarella fresh cut into small chunks
- 1 tablespoon garlic minced
- 1 teaspoon garlic powder
- 3 tablespoons olive oil

- 0.5 cup parmesan cheese freshly grated
- 1 teaspoon pepper
- 8 ounce ricotta cheese
- 1 teaspoon salt
- 5 servings salt and pepper to taste

## Equipment

- bowl
- baking sheet
- sauce pan
- pot

## Directions

- Stir together the ricotta cheese, eggs, Parmesan Cheese, salt, pepper, and garlic powder in a large bowl until evenly combined.
- Mix in 1 cup of flour.
- Add additional flour if needed to form a soft dough.
- Divide the dough into 3 or 4 pieces, and roll into 1/2-inch-thick ropes on a floured surface.
- Cut each rope into 1-inch pieces, and place on a lightly floured baking sheet.
- Place in the refrigerator until ready to use.
- Heat olive oil in a saucepan over medium heat. Stir in garlic, and cook until softened and fragrant, about 1 minute.
- Pour in diced tomatoes and red pepper flakes; bring to a simmer over medium-high heat, and cook for 10 minutes. Stir in shredded basil and season to taste with salt and pepper.
- While sauce is simmering, bring a large pot of lightly salted water to a boil over high heat. Boil the gnocchi until they float to the surface, 1 to 2 minutes, then drain.
- To assemble the dish, stir the cubed mozzarella cheese into the sauce and allow the heat of the sauce to soften, but not melt the cheese.
- Place gnocchi into a serving bowl, and spoon sauce overtop.

## Nutrition Facts

PROTEIN 22.26% FAT 66.25% CARBS 11.49%

## Properties

Glycemic Index:59.8, Glycemic Load:2.66, Inflammation Score:-6, Nutrition Score:15.406521817912%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 390.24kcal (19.51%), Fat: 29.18g (44.89%), Saturated Fat: 13.03g (81.45%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 9.52g (3.46%), Sugar: 4.56g (5.07%), Cholesterol: 133.14mg (44.38%), Sodium: 1298.31mg (56.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.06g (44.11%), Calcium: 458.43mg (45.84%), Phosphorus: 364.71mg (36.47%), Selenium: 24.11µg (34.45%), Vitamin B12: 1.48µg (24.67%), Vitamin B2: 0.38mg (22.44%), Zinc: 2.8mg (18.66%), Vitamin A: 931.94IU (18.64%), Vitamin E: 2.7mg (17.98%), Vitamin K: 16.15µg (15.38%), Manganese: 0.29mg (14.35%), Vitamin B6: 0.24mg (11.93%), Potassium: 404.23mg (11.55%), Iron: 2.05mg (11.39%), Vitamin C: 8.76mg (10.62%), Copper: 0.21mg (10.48%), Magnesium: 39.43mg (9.86%), Fiber: 1.87g (7.5%), Folate: 29.97µg (7.49%), Vitamin B5: 0.73mg (7.29%), Vitamin B1: 0.1mg (6.78%), Vitamin B3: 1.22mg (6.09%), Vitamin D: 0.67µg (4.49%)