



Ricotta Gnocchi

READY IN



40 min.

SERVINGS



4

CALORIES



454 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 large eggs lightly beaten
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 teaspoon nutmeg grated
- ☐ 3 ounces parmesan divided grated
- ☐ 1 sprig rosemary (2-inch)
- ☐ 1 pound whole-milk ricotta cheese
- ☐ 0.5 stick butter unsalted

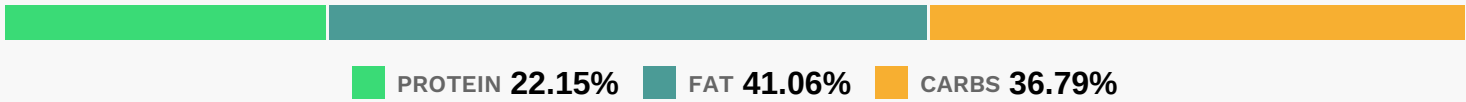
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ knife
- ☐ pot
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Stir together ricotta, eggs, 1 cup cheese, nutmeg, and 1/4 teaspoon each of salt and pepper.
- ☐ Add flour, stirring to form a soft, wet dough.
- ☐ Shape dough on a well-floured surface with lightly floured hands into 2 (1-inch-thick) ropes.
- ☐ Cut crosswise into 1-inch pieces with a lightly floured knife. Put in 1 layer on a lightly floured parchment-lined baking sheet.
- ☐ Cook gnocchi in 2 batches in a pasta pot of boiling salted water (3 tablespoons salt for 6 quarts water), adding a few at a time to pot and stirring occasionally, until cooked through (cut one in half to check), 3 to 4 minutes per batch. Lift out with a slotted spoon and drain in colander.
- ☐ Meanwhile, cook butter with rosemary in a 12-inch heavy skillet over medium-low heat until golden brown, about 5 minutes.
- ☐ Toss gnocchi with brown butter in skillet and sprinkle with remaining 1/2 cup cheese. Season with salt.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:21.78, Inflammation Score:-5, Nutrition Score:12.191739114244%

Nutrients (% of daily need)

Calories: 454.02kcal (22.7%), Fat: 19.76g (30.4%), Saturated Fat: 11.62g (72.64%), Carbohydrates: 39.83g (13.28%), Net Carbohydrates: 38.74g (14.09%), Sugar: 4.04g (4.49%), Cholesterol: 155.97mg (51.99%), Sodium: 497.55mg (21.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.99g (47.97%), Calcium: 456.98mg (45.7%),

Selenium: 25.85µg (36.92%), Phosphorus: 242.92mg (24.29%), Vitamin B2: 0.38mg (22.52%), Vitamin B1: 0.33mg (21.75%), Folate: 85.32µg (21.33%), Manganese: 0.28mg (14.12%), Iron: 2.44mg (13.55%), Vitamin A: 654.95IU (13.1%), Vitamin B3: 2.39mg (11.95%), Vitamin B12: 0.5µg (8.36%), Zinc: 1.2mg (7.98%), Vitamin B5: 0.67mg (6.66%), Vitamin D: 0.82µg (5.45%), Magnesium: 21.52mg (5.38%), Vitamin E: 0.66mg (4.4%), Fiber: 1.09g (4.37%), Copper: 0.08mg (4.24%), Vitamin B6: 0.08mg (4%), Potassium: 99.92mg (2.85%), Vitamin K: 1.54µg (1.47%)