



Ricotta Gnocchi with Leeks and Fava Beans

READY IN



45 min.

SERVINGS



4

CALORIES



596 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.7 cup all purpose flour for dredging
- ☐ 0.5 cup butter (1 stick)
- ☐ 1 large eggs
- ☐ 1 cup avarakkai / broad beans fresh frozen shelled thawed
- ☐ 12 sage leaves fresh
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 small leek white green halved lengthwise thinly sliced (and pale parts only)
- ☐ 0.5 cup parmesan cheese freshly grated for serving

- ☐ 1 teaspoon salt
- ☐ 15 ounce whole-milk ricotta cheese

Equipment

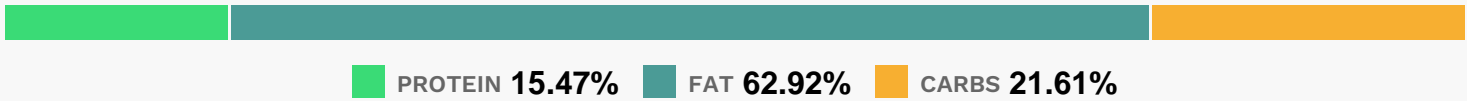
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ pot
- ☐ sieve
- ☐ plastic wrap
- ☐ slotted spoon
- ☐ cheesecloth

Directions

- ☐ Set large strainer lined with double-layer damp cheesecloth over large bowl.
- ☐ Place ricotta in prepared strainer; cover with plastic and refrigerate overnight. (If using fresh ricotta, skip this step.)
- ☐ Cook leek in small pot of boiling salted water until tender, about 7 minutes.
- ☐ Drain. Rinse under cold water; drain. Using hands, squeeze leek dry.
- ☐ Mix ricotta, leek, egg, 1/2 cup Parmesan, salt, pepper, and nutmeg in bowl. Stir in 2/3 cup flour. Cover and chill mixture at least 1 hour and up to 1 day. Line rimmed baking sheet with parchment paper.
- ☐ Place flour for dredging in flat bowl. For each gnocchi, shape 1 tablespoon ricotta mixture into ball, then drop into bowl of flour, tossing to coat.
- ☐ Transfer gnocchi to baking sheet. (Can be made 4 hours ahead. Cover with plastic wrap; chill.)
- ☐ If using fresh fava beans, blanch in small saucepan of boiling salted water for 2 minutes; transfer to bowl of ice water. Peel beans.
- ☐ Melt butter in large nonstick skillet over medium heat.

- ☐ Add fava beans and sage leaves. Sauté until butter browns, favas are tender, and sage leaves are crisp, about 5 minutes. Set aside.
- ☐ Bring large pot of salted water to boil. Working in 2 batches, add gnocchi and cook until tender and cooked through, about 5 minutes. Using slotted spoon, transfer to skillet with fava beans; toss to coat. When all gnocchi have been added to skillet, toss over medium heat to warm.
- ☐ Serve with Parmesan.
- ☐ Market Tip
- ☐ First-of-the-season fava beans are smaller, have tender skins, and don't need to be peeled after shelling. If shopping for favas later in the season, make sure to peel the shelled beans to remove the tough, bitter outer skin.

Nutrition Facts



Properties

Glycemic Index:86, Glycemic Load:16.81, Inflammation Score:-8, Nutrition Score:17.955217226692%

Flavonoids

Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 595.9kcal (29.8%), Fat: 41.97g (64.58%), Saturated Fat: 25.82g (161.39%), Carbohydrates: 32.43g (10.81%), Net Carbohydrates: 29.12g (10.59%), Sugar: 2.08g (2.31%), Cholesterol: 172.6mg (57.53%), Sodium: 1096.65mg (47.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.22g (46.45%), Selenium: 32.31µg (46.16%), Calcium: 377.75mg (37.78%), Phosphorus: 362.57mg (36.26%), Vitamin A: 1735.83IU (34.72%), Folate: 116.87µg (29.22%), Copper: 0.57mg (28.74%), Vitamin B2: 0.47mg (27.35%), Manganese: 0.48mg (24%), Zinc: 2.57mg (17.13%), Vitamin B1: 0.24mg (16.16%), Iron: 2.79mg (15.49%), Vitamin K: 15.36µg (14.63%), Fiber: 3.31g (13.25%), Magnesium: 47.78mg (11.94%), Vitamin B12: 0.69µg (11.49%), Potassium: 337.45mg (9.64%), Vitamin B3: 1.76mg (8.83%), Vitamin B6: 0.17mg (8.5%), Vitamin E: 1.2mg (7.98%), Vitamin B5: 0.68mg (6.81%), Vitamin D: 0.53µg (3.5%), Vitamin C: 2.8mg (3.39%)