

Ricotta Gnocchi with Mushrooms and Marjoram

READY IN



45 min.

SERVINGS



6

CALORIES



190 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup flour
- 2 tablespoons butter
- 0.3 cup wine dry white
- 1 large eggs
- 4 spring onion dark thinly sliced finely chopped
- 1 pinch pepper black
- 0.5 cup chicken broth ()
- 2 tablespoons marjoram fresh

- 1 pound mushrooms wild assorted cut into 1/2- to 3/4-inch pieces
- 2 tablespoons olive oil extra virgin extra-virgin
- 0.3 cup parmesan cheese grated
- 0.3 cup parmesan cheese grated for sprinkling
- 0.5 teaspoon salt

Equipment

- bowl
- baking sheet
- pot
- sieve
- plastic wrap
- slotted spoon

Directions

- Place ricotta in strainer set over medium bowl. Chill until ricotta has texture of wet clay, about 1 hour.
- Mix ricotta, 1/2 cup flour, egg, and next 5 ingredients in medium bowl, adding more flour by tablespoonfuls until dough is slightly sticky (do not add more than 4 tablespoonfuls). Cover and chill 30 minutes.
- Sprinkle rimmed baking sheet generously with flour.
- Transfer dough to lightly floured surface.
- Cut into 4 equal pieces. Using hands, roll 1 piece on floured surface into 3/4-inch-wide log.
- Cut log crosswise into 1-inch pieces.
- Place gnocchioni prepared baking sheet, spacing apart. Repeat with remaining dough. Cover gnocchioni with plastic wrap and chill at least 1 hour and up to 1 day.
- Heat olive oil in large skillet over high heat.
- Add mushrooms; sauté until beginning to brown, about 4 minutes.
- Add chopped white and pale green parts of green onions. Sauté 1 minute.
- Add wine; stir until almost all liquid is absorbed, about 30 seconds.

- Add 1/2 cup chicken broth. Stir until sauce is slightly thickened, about 1 minute. DO AHEAD: Can be made 2 hours ahead.
- Let stand at room temperature.
- Working in 2 batches, add gnocchi to large pot of boiling salted water, stirring to prevent sticking. Boil until gnocchi rise to surface of water, then continue boiling until cooked through, 1 1/2 to 2 minutes longer. Using slotted spoon, transfer gnocchi to skillet with mushrooms.
- Add sliced dark green parts of green onions.
- Rewarm mushrooms with gnocchi and green onions over medium heat, adding more broth by 1/4 cupfuls if dry.
- Remove from heat.
- Add 1/4 cup cheese, butter, and marjoram; stir until cheese and butter melt. Season with salt and pepper.
- Transfer to plates and sprinkle with additional cheese.

Nutrition Facts



■ **PROTEIN 15.92%**
■ **FAT 57.38%**
■ **CARBS 26.7%**

Properties

Glycemic Index: 44.67, Glycemic Load: 6.47, Inflammation Score: -4, Nutrition Score: 10.48260873297%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 190.45kcal (9.52%), Fat: 12.08g (18.58%), Saturated Fat: 4.69g (29.3%), Carbohydrates: 12.65g (4.22%), Net Carbohydrates: 11.37g (4.14%), Sugar: 1.88g (2.09%), Cholesterol: 48.28mg (16.09%), Sodium: 393.6mg (17.11%), Alcohol: 1.03g (100%), Alcohol %: 0.87% (100%), Protein: 7.54g (15.07%), Vitamin K: 30.89µg (29.42%), Vitamin B2: 0.44mg (25.78%), Selenium: 16.14µg (23.06%), Vitamin B3: 3.69mg (18.45%), Phosphorus: 157.79mg (15.78%), Copper: 0.28mg (14.16%), Vitamin B5: 1.35mg (13.51%), Folate: 42.71µg (10.68%), Vitamin B1: 0.15mg (10.29%),

Potassium: 329.6mg (9.42%), Calcium: 91.89mg (9.19%), Vitamin A: 369.71IU (7.39%), Iron: 1.3mg (7.24%),
Manganese: 0.14mg (7.21%), Zinc: 1.01mg (6.73%), Vitamin E: 0.97mg (6.49%), Vitamin B6: 0.12mg (5.84%), Fiber:
1.27g (5.09%), Vitamin C: 3.98mg (4.82%), Vitamin B12: 0.24µg (4.08%), Magnesium: 16.27mg (4.07%), Vitamin D:
0.36µg (2.4%)