



Ricotta Gnocchi with Roasted Tomato

 Vegetarian

READY IN



1500 min.

SERVINGS



4

CALORIES



495 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 lb plum tomatoes trimmed halved lengthwise
- ☐ 15 oz ricotta cheese
- ☐ 0.3 cup butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan

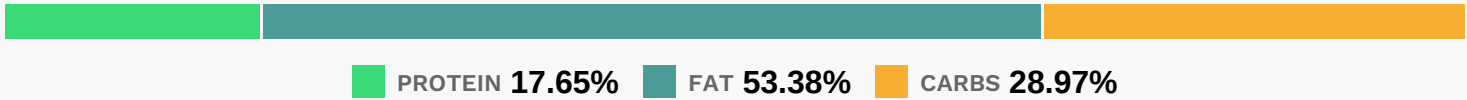
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ baking pan
- ☐ hand mixer
- ☐ roasting pan
- ☐ slotted spoon
- ☐ measuring spoon

Directions

- ☐ Preheat oven to 400°F.
- ☐ Put tomatoes, cut sides up, in 1 layer in a 13- by 9-inch baking dish. Dot with 2 tablespoons butter and season well with salt and pepper. Roast in middle of oven until skins are wrinkled and beginning to brown, about 45 minutes. Cool in baking dish.
- ☐ Make gnocchi while tomatoes
- ☐ Bring a large pot of salted water to a boil.
- ☐ Beat together eggs and ricotta in a large bowl with an electric mixer until blended. Stir in flour, 1 teaspoon kosher salt, and 1/2 teaspoon pepper until combined. (Batter will be soft.)
- ☐ Use 2 teaspoons (flatware, not measuring spoons) to form gnocchi: Scoop up a rounded teaspoon of batter, then use second spoon to scoop mixture off spoon and into boiling water. Make 9 more gnocchi.
- ☐ Simmer briskly until gnocchi are just firm in center and cooked through, about 5 minutes.
- ☐ Transfer with a slotted spoon to a platter and cool, covered with damp paper towel. Continue making gnocchi in batches of 1
- ☐ When tomatoes are cool enough to handle, peel and seed them over roasting pan. Slice tomato flesh lengthwise 1/4 inch thick and put in a medium saucepan. Scrape skins, seeds, and any juices from roasting pan into a fine sieve set over saucepan with tomatoes and press on solids in sieve to extract juices. Discard skins and seeds.

- ☐
- Stir 1/4 cup water into tomatoes and bring to a low simmer over low heat. While tomatoes are coming to a simmer, melt remaining 2 tablespoons butter in a 12-inch nonstick skillet over moderate heat, then cook gnocchi, turning gently, until heated through, 4 to 5 minutes.
- ☐
- Season gnocchi with salt and pepper and serve with warm tomatoes.
- ☐
- You can cook tomatoes 1 day ahead and chill, covered.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:20.44, Inflammation Score:-9, Nutrition Score:22.254347801208%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 494.9kcal (24.75%), Fat: 29.63g (45.59%), Saturated Fat: 17.39g (108.7%), Carbohydrates: 36.18g (12.06%), Net Carbohydrates: 32.61g (11.86%), Sugar: 6.48g (7.2%), Cholesterol: 224.22mg (74.74%), Sodium: 156.08mg (6.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.04g (44.08%), Vitamin A: 2919.34IU (58.39%), Selenium: 37.66µg (53.8%), Vitamin C: 31.07mg (37.66%), Vitamin B2: 0.58mg (34.17%), Phosphorus: 333.81mg (33.38%), Folate: 122.01µg (30.5%), Calcium: 271.84mg (27.18%), Manganese: 0.49mg (24.46%), Vitamin B1: 0.36mg (23.92%), Potassium: 737.73mg (21.08%), Vitamin K: 20.29µg (19.32%), Iron: 3.13mg (17.36%), Vitamin B3: 3.34mg (16.68%), Zinc: 2.33mg (15.56%), Vitamin B6: 0.31mg (15.25%), Fiber: 3.57g (14.26%), Vitamin E: 2.08mg (13.89%), Magnesium: 48.3mg (12.08%), Vitamin B12: 0.72µg (11.99%), Vitamin B5: 1.16mg (11.56%), Copper: 0.23mg (11.52%), Vitamin D: 1.18µg (7.84%)