



Ricotta Gnudi with Pomodoro Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



348 kcal

SIDE DISH

Ingredients

- 0.5 teaspoons pepper black freshly ground
- 1 large eggs beaten to blend
- 1 large egg yolk beaten to blend
- 0.5 cup flour all-purpose plus more
- 3 cups sauce quick
- 0.5 teaspoons kosher salt plus more
- 2 cups ricotta cheese

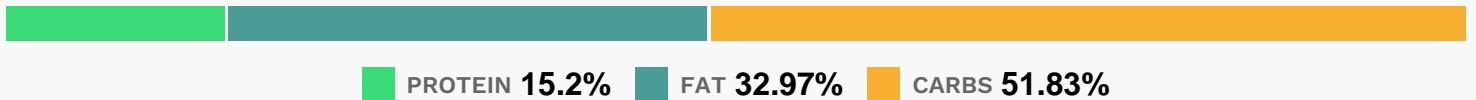
Equipment

- bowl
- baking sheet
- pot
- slotted spoon

Directions

- Mix ricotta, egg, egg yolk, pepper, 1/2 cup Parmesan, and 1/2 teaspoons salt in a large bowl until well combined.
- Add 1/2 cup flour; stir just until combined and mixture forms a ball (mixture will be soft and moist with some bits of ricotta remaining; add more flour by the tablespoonful if it feels wet).
- Dust a rimmed baking sheet generously with flour. Using 2 large soup spoons, shape heaping tablespoonfuls of dough into football shapes; place on baking sheet and dust with more flour (you should have 30).
- Cook gnudi in a large pot of boiling salted water, stirring occasionally, until cooked through and tender, 5–6 minutes (gnudi will quickly float to surface; continue cooking or gnudi will be gummy in the center).
- Using a slotted spoon, divide gnudi among bowls. Top with Quick Pomodoro
- Sauce and more Parmesan.

Nutrition Facts



Properties

Glycemic Index: 22.33, Glycemic Load: 6.45, Inflammation Score: -3, Nutrition Score: 6.8247826410377%

Nutrients (% of daily need)

Calories: 347.53kcal (17.38%), Fat: 12.5g (19.23%), Saturated Fat: 7.41g (46.29%), Carbohydrates: 44.21g (14.74%), Net Carbohydrates: 43.88g (15.96%), Sugar: 27.63g (30.69%), Cholesterol: 103.76mg (34.59%), Sodium: 1696.19mg (73.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.97g (25.93%), Selenium: 19.67µg (28.1%), Calcium: 181.86mg (18.19%), Phosphorus: 169.68mg (16.97%), Vitamin B2: 0.27mg (15.65%), Folate: 37.06µg (9.27%), Vitamin A: 454.64IU (9.09%), Zinc: 1.21mg (8.05%), Vitamin B12: 0.41µg (6.84%), Vitamin B1: 0.1mg (6.73%), Iron: 1.04mg (5.77%), Manganese: 0.1mg (5.08%), Vitamin B5: 0.44mg (4.37%), Vitamin B3: 0.71mg (3.55%), Potassium: 114.79mg (3.28%), Vitamin D: 0.49µg (3.23%), Vitamin B6: 0.06mg (3.23%), Magnesium: 12.82mg (3.2%), Copper: 0.04mg

(2.15%), Vitamin E: 0.26mg (1.73%), Fiber: 0.32g (1.29%), Vitamin K: 1.26µg (1.2%)