



Ricotta Gnudi with Pomodoro Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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
- 0.5 cup grana padano cheese finely grated plus more
- 3 cups pomodoro sauce quick
- 0.5 teaspoons kosher salt plus more
- 2 cups ricotta

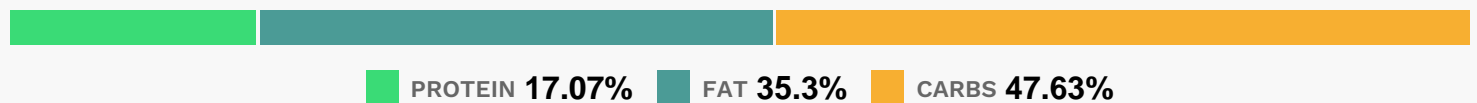
Equipment

- 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: 26.83, Glycemic Load: 6.52, Inflammation Score: -4, Nutrition Score: 8.038695656735%

Nutrients (% of daily need)

Calories: 380.2kcal (19.01%), Fat: 14.65g (22.54%), Saturated Fat: 8.77g (54.84%), Carbohydrates: 44.48g (14.83%), Net Carbohydrates: 44.15g (16.06%), Sugar: 27.69g (30.77%), Cholesterol: 109.43mg (36.48%), Sodium: 1829.69mg (79.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.95g (31.89%), Selenium: 21.55µg (30.78%), Calcium: 280.53mg (28.05%), Phosphorus: 227.51mg (22.75%), Vitamin B2: 0.29mg (17.27%), Vitamin A: 519.72IU (10.39%),

Zinc: 1.44mg (9.57%), Folate: 37.65µg (9.41%), Vitamin B12: 0.51µg (8.51%), Vitamin B1: 0.1mg (6.95%), Iron: 1.11mg (6.15%), Manganese: 0.1mg (5.17%), Vitamin B5: 0.47mg (4.74%), Magnesium: 16.48mg (4.12%), Vitamin B3: 0.73mg (3.66%), Vitamin B6: 0.07mg (3.61%), Vitamin D: 0.53µg (3.51%), Potassium: 122.46mg (3.5%), Copper: 0.05mg (2.28%), Vitamin E: 0.28mg (1.85%), Vitamin K: 1.4µg (1.33%), Fiber: 0.32g (1.29%)