



Roman-Style Gnocchi: Gnocchi Alla Romana

READY IN



40 min.

SERVINGS



4

CALORIES



519 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 tablespoons butter for sheet pan and baking dish
- ☐ 4 egg yolks
- ☐ 3 cups milk
- ☐ 0.5 cup parmigiano-reggiano freshly grated
- ☐ 1 teaspoon salt
- ☐ 1 cup semolina flour

Equipment

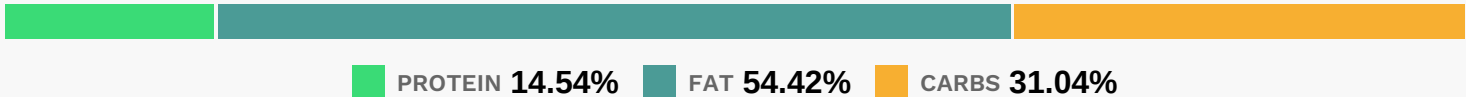
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ wooden spoon
- ☐ spatula
- ☐ pastry cutter

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ Butter 1 cookie sheet with 3/4-inch sides and a baking dish.
- ☐ In a 3 to 4-quart saucepan, heat to scald the milk, salt, and 6 tablespoons butter.
- ☐ Pour in the semolina in a thin stream, whisking vigorously, and cook for about 1 minute, switching to a wooden spoon as it thickens.
- ☐ Remove from the heat and stir in 1/2 cup grated cheese and 4 egg yolks.
- ☐ Mix well to combine.
- ☐ Pour the semolina onto the buttered cookie sheet and, using a spatula, spread to a thickness of 1/2-inch. Allow to cool.
- ☐ Using a pastry cutter or water glass, cut 3-inch quarter moons out of semolina. Arrange the moons so that they are leaning up against one another (overlapping) in a buttered baking dish and sprinkle with remaining grated cheese.
- ☐ Place in oven and cook 15 to 20 minutes, or until top is deep golden brown.
- ☐ Remove and serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:19, Inflammation Score:-7, Nutrition Score:19.557391353275%

Nutrients (% of daily need)

Calories: 518.53kcal (25.93%), Fat: 31.33g (48.2%), Saturated Fat: 18.03g (112.69%), Carbohydrates: 40.2g (13.4%), Net Carbohydrates: 38.56g (14.02%), Sugar: 9.02g (10.02%), Cholesterol: 270.01mg (90%), Sodium: 995.25mg (43.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.84g (37.67%), Selenium: 54.13µg (77.33%), Calcium: 408.85mg (40.88%), Phosphorus: 403.94mg (40.39%), Vitamin B2: 0.64mg (37.41%), Vitamin B1: 0.48mg (32.05%), Folate: 104.64µg (26.16%), Vitamin B12: 1.52µg (25.41%), Vitamin A: 1178.43IU (23.57%), Vitamin D: 3.05µg (20.32%), Vitamin B5: 1.54mg (15.44%), Manganese: 0.28mg (14.06%), Vitamin B3: 2.76mg (13.77%), Iron: 2.43mg (13.52%), Zinc: 1.97mg (13.13%), Magnesium: 48.53mg (12.13%), Vitamin B6: 0.23mg (11.49%), Potassium: 388.9mg (11.11%), Vitamin E: 1.18mg (7.87%), Fiber: 1.64g (6.55%), Copper: 0.1mg (4.98%), Vitamin K: 2.36µg (2.25%)