



## Semolina Gnocchi ~ Gnocchi alla Romana

READY IN



75 min.

SERVINGS



4

CALORIES



544 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 cups milk whole
- 2 teaspoons salt
- 7 ounces semolina flour (just over 1 cup)
- 1 cup parmesan cheese finely grated
- 2 large eggs lightly beaten ( )
- 1 tablespoon butter
- 0.5 cup breadcrumbs

### Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- cookie cutter

## Directions

- To make the semolina gnocchi, heat the milk and salt in a medium saucepan set over medium heat. When the milk starts to simmer, slowly sprinkle the semolina flour over the surface, whisking constantly to make sure that lumps do not form. Once all the semolina has been added, reduce the heat to medium-low.
- Continue to whisk for 7 to 10 more minutes, until the gnocchi-to-be mixture becomes thick and velvety. The mixture may thicken considerably after just a few minutes, but try to continue to cook it for the full 7 to 10 minutes.
- Remove the pan from the heat and stir in 1/2 cup of the Parmesan, the eggs, and the butter. Turn the mixture onto a rimmed baking sheet, spreading it evenly into a 1/2 inch thickness. Set aside in the fridge, if there's room, or set aside at room temperature until cool and firm, about an hour.
- Preheat the oven to 400° F (200°C). Using a cookie cutter or the mouth of a glass that's about 2 inches wide, cut the cooled semolina into gnocchi. Dip the cutter or glass into water between each press to prevent the dough from sticking.
- Place the cut gnocchi on a parchment-paper-lined baking sheet, making sure to leave at least 1/2 inch between them so that their edges can caramelize.
- Sprinkle the remaining 1/2 cup Parmesan and the bread crumbs on top of the semolina gnocchi. If you don't want them thickly coated, don't use all of the cheese and crumbs.
- Bake until the semolina gnocchi are golden brown, slightly puffed, and crisp around the edges, 30 to 40 minutes.
- Serve hot.

## Nutrition Facts



■ PROTEIN 19.75% ■ FAT 35.42% ■ CARBS 44.83%

## Properties

Glycemic Index:35.5, Glycemic Load:22.8, Inflammation Score:-7, Nutrition Score:25.310869538266%

## Nutrients (% of daily need)

Calories: 544.42kcal (27.22%), Fat: 21.26g (32.71%), Saturated Fat: 11.23g (70.2%), Carbohydrates: 60.53g (20.18%), Net Carbohydrates: 57.98g (21.09%), Sugar: 12.69g (14.09%), Cholesterol: 151.55mg (50.52%), Sodium: 1850.28mg (80.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.68g (53.35%), Selenium: 68.85µg (98.36%), Calcium: 569.82mg (56.98%), Phosphorus: 545.03mg (54.5%), Vitamin B2: 0.88mg (51.54%), Vitamin B1: 0.69mg (45.76%), Vitamin B12: 1.93µg (32.18%), Folate: 118.59µg (29.65%), Manganese: 0.47mg (23.61%), Vitamin D: 3.31µg (22.06%), Zinc: 3.13mg (20.85%), Vitamin B3: 4.16mg (20.82%), Iron: 3.38mg (18.75%), Magnesium: 70.25mg (17.56%), Vitamin B5: 1.74mg (17.41%), Vitamin A: 833.99IU (16.68%), Potassium: 566.32mg (16.18%), Vitamin B6: 0.28mg (13.96%), Fiber: 2.54g (10.17%), Copper: 0.16mg (7.98%), Vitamin E: 0.73mg (4.89%), Vitamin K: 2.37µg (2.26%)