



Spinach and Ricotta Gnocchi

READY IN



45 min.

SERVINGS



8

CALORIES



265 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup flour ()
- 24 ounce baby spinach
- 0.3 cup butter melted ()
- 2 large egg yolk
- 1 pinch nutmeg generous
- 0.5 teaspoon pepper black
- 1 cup parmesan cheese freshly grated
- 0.5 teaspoon salt
- 16 ounces ricotta cheese

Equipment

- bowl
- baking sheet
- oven
- pot
- slotted spoon

Directions

- Cook spinach in large pot of boiling salted water just until wilted, stirring occasionally, about 2 minutes.
- Drain. Squeeze out liquid. Chop spinach.
- Mix spinach, ricotta, 1/2 cup Parmesan, 1/2 cup flour, egg yolks, salt, pepper and nutmeg in bowl until slightly sticky dough forms.
- Dust baking sheet with flour. Working in batches and using floured hands, roll 1/4 cup dough on floured work surface to form 5-inch-long rope.
- Cut rope into 1-inch pieces.
- Roll each piece between palms to form oval.
- Transfer gnocchi to prepared baking sheet. Repeat rolling, cutting and shaping with remaining dough. Working in batches, add gnocchi to pot of boiling salted water; cook until gnocchi rise to surface. Cook 4 minutes longer. Using slotted spoon, remove gnocchi from water; drain.
- Place in serving dish.
- Pour butter over gnocchi; toss. (Can be made 1 day ahead. Cover; chill. Reheat in 400°F oven about 10 minutes.)
- Sprinkle with 1/2 cup Parmesan. Season with salt and pepper.

Nutrition Facts

 **PROTEIN 20.82%**  **FAT 60.53%**  **CARBS 18.65%**

Properties

Glycemic Index:35.75, Glycemic Load:5.21, Inflammation Score:-10, Nutrition Score:24.390434835268%

Flavonoids

Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 264.8kcal (13.24%), Fat: 18.2g (27.99%), Saturated Fat: 10.79g (67.45%), Carbohydrates: 12.62g (4.21%), Net Carbohydrates: 10.48g (3.81%), Sugar: 0.6g (0.67%), Cholesterol: 100.94mg (33.65%), Sodium: 526.76mg (22.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.08g (28.16%), Vitamin K: 412.38µg (392.74%), Vitamin A: 8574.81IU (171.5%), Folate: 193.38µg (48.34%), Manganese: 0.85mg (42.62%), Calcium: 321.3mg (32.13%), Vitamin C: 23.9mg (28.97%), Selenium: 18.55µg (26.51%), Phosphorus: 237.69mg (23.77%), Vitamin B2: 0.38mg (22.25%), Magnesium: 80.32mg (20.08%), Iron: 3.07mg (17.08%), Potassium: 573.93mg (16.4%), Vitamin E: 2.13mg (14.22%), Zinc: 1.81mg (12.09%), Vitamin B6: 0.22mg (10.97%), Vitamin B1: 0.15mg (9.79%), Fiber: 2.14g (8.56%), Vitamin B12: 0.46µg (7.61%), Copper: 0.15mg (7.25%), Vitamin B3: 1.15mg (5.76%), Vitamin B5: 0.39mg (3.88%), Vitamin D: 0.41µg (2.7%)