



Spinach and Ricotta Gnudi

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



532 kcal

SIDE DISH

Ingredients

- ☐ 1 ounce brown beech mushrooms sliced
- ☐ 4 tablespoons butter melted for re-heating
- ☐ 1 pinch chili flakes
- ☐ 1 ounce porcini mushrooms dried dry
- ☐ 3 ounces porcini mushrooms fresh sliced
- ☐ 2 egg yolks
- ☐ 4 tablespoons flour all-purpose
- ☐ 1 pinch nutmeg grated

- ☐ 6 servings olive oil
- ☐ 6 servings olive oil for coating
- ☐ 3 tablespoons panko breadcrumbs
- ☐ 0.5 cup parmesan grated plus more for serving
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 3 shallots julienned
- ☐ 1 pound cow's milk ricotta drained for at least 2 hours
- ☐ 0.3 cup pkt spinach finely chopped

Equipment

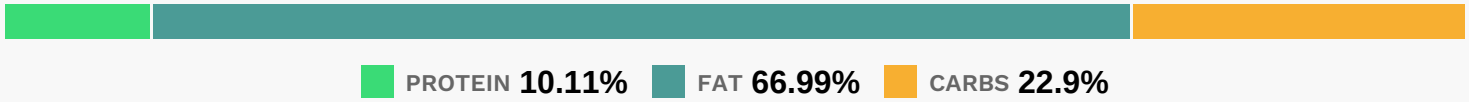
- ☐ frying pan
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Mix the ricotta, spinach, Parmesan, flour, breadcrumbs, salt, pepper, nutmeg and eggs together. Make 2 small balls and test cook by placing them in boiling water until they float, then shock in iced water. Taste. If they are too soft and don't hold together, add more flour or breadcrumbs and test again.
- ☐ Portion all of the gnudi and roll into balls. Cook in boiling water until they float, about 2 minutes, and shock in iced water. Coat in olive oil and reserve until ready to serve.
- ☐ For the porcini puree: To caramelize the shallots, heat a large saute pan over high heat, add a few tablespoons of olive oil, then add the shallots. Allow to color on one side, then lower the heat and stir. Slowly cook until soft and sweet, about 5 minutes.
- ☐ Saute the mushrooms together with the shallots until lightly colored and tender, about 4 minutes. Season with salt and chili, and sweat for an additional 3 minutes.
- ☐ Pour the liquid from the hydrated porcini mushrooms into the pan. Allow to cook for about 15 minutes.
- ☐ Transfer the contents into a blender and puree until the consistency is smooth.
- ☐ Add water if the mixture gets too thick in the blender and it stops moving.

- ☐
- Add olive oil while blending to finish and taste for seasoning. Strain the sauce. Reserve until ready to serve.
- ☐
- To serve: Warm the porcini puree and reserve. Reheat the gnudi in a pan with salted simmering water and the melted butter. Plate the porcini puree, place gnudi on top and top with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:52.67, Glycemic Load:3.39, Inflammation Score:-5, Nutrition Score:17.220000070074%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 532.26kcal (26.61%), Fat: 39.9g (61.39%), Saturated Fat: 10.76g (67.25%), Carbohydrates: 30.69g (10.23%), Net Carbohydrates: 27.64g (10.05%), Sugar: 4.39g (4.87%), Cholesterol: 102.63mg (34.21%), Sodium: 512.37mg (22.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.54g (27.08%), Copper: 1.04mg (52.14%), Vitamin B5: 4.52mg (45.21%), Vitamin E: 4.47mg (29.78%), Selenium: 18.4µg (26.28%), Calcium: 249.43mg (24.94%), Vitamin K: 24.33µg (23.17%), Vitamin B2: 0.38mg (22.11%), Manganese: 0.38mg (18.9%), Vitamin B3: 3.54mg (17.69%), Phosphorus: 167.01mg (16.7%), Folate: 62.93µg (15.73%), Zinc: 2.05mg (13.63%), Vitamin B6: 0.27mg (13.56%), Fiber: 3.05g (12.2%), Vitamin B1: 0.17mg (11.48%), Potassium: 393.75mg (11.25%), Vitamin A: 508.12IU (10.16%), Magnesium: 36.87mg (9.22%), Iron: 1.41mg (7.83%), Vitamin D: 1.11µg (7.38%), Vitamin B12: 0.26µg (4.25%), Vitamin C: 2.02mg (2.45%)