



WHATSheATE



Sweet Potato Gnocchi



Vegetarian



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



343 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 clove garlic pressed
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 teaspoon salt
- ☐ 16 ounce sweet potatoes

Equipment

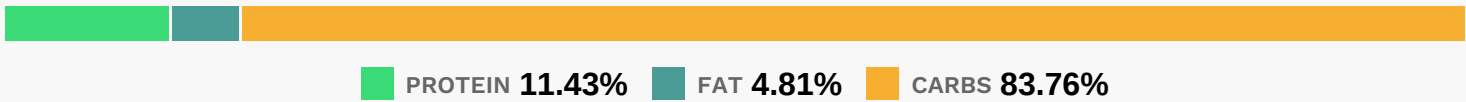
- ☐ bowl

- ☐ oven
- ☐ pot
- ☐ slotted spoon
- ☐ potato ricer

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Bake sweet potatoes for 30 minutes, or until soft to the touch.
- ☐ Remove from the oven, and set aside to cool.
- ☐ Once the potatoes are cool enough to work with, remove the peels, and mash them, or press them through a ricer into a large bowl. Blend in the garlic, salt, nutmeg, and egg.
- ☐ Mix in the flour a little at a time until you have soft dough. Use more or less flour as needed.
- ☐ Bring a large pot of lightly salted water to a boil. While you wait for the water, make the gnocchi. On a floured surface, roll the dough out in several long snakes, and cut into 1-inch sections. Drop the pieces into the boiling water, and allow them to cook until they float to the surface.
- ☐ Remove the floating pieces with a slotted spoon, and keep warm in a serving dish.
- ☐ Serve with butter or cream sauce.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:45.88, Inflammation Score:-10, Nutrition Score:19.04956532043%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 343.18kcal (17.16%), Fat: 1.81g (2.78%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 70.96g (23.65%), Net Carbohydrates: 65.8g (23.93%), Sugar: 5.03g (5.59%), Cholesterol: 40.92mg (13.64%), Sodium: 370.09mg (16.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.68g (19.37%), Vitamin A: 16147.51IU (322.95%), Vitamin B1: 0.59mg (39.06%), Manganese: 0.74mg (37.12%), Selenium: 25.36µg (36.22%), Folate: 132.23µg (33.06%), Vitamin B2: 0.43mg (25.24%), Vitamin B3: 4.34mg (21.69%), Iron: 3.81mg (21.15%), Fiber: 5.16g (20.63%), Vitamin B6: 0.29mg (14.65%), Phosphorus: 144.26mg (14.43%), Copper: 0.27mg (13.71%), Vitamin B5: 1.35mg (13.54%), Potassium: 468.15mg (13.38%), Magnesium: 44.07mg (11.02%), Zinc: 0.93mg (6.23%), Calcium: 51.55mg (5.16%), Vitamin C: 2.96mg (3.59%), Vitamin E: 0.45mg (2.99%), Vitamin K: 2.27µg (2.17%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)