



## Sweet Potato Gnocchi with Maple Cinnamon Sage Brown Butter

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



250 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground
- 20 sage leaves fresh
- 1 teaspoon ground cinnamon
- 2 tablespoons maple syrup
- 1 teaspoon salt
- 1.5 teaspoons salt

- 0.7 cup milk ricotta cheese whole
- 2 pounds sweet potatoes
- 0.5 cup butter unsalted (1 stick)

## Equipment

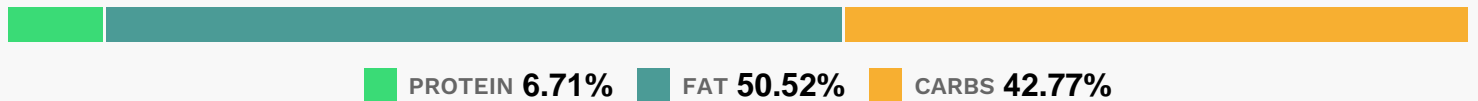
- bowl
- frying pan
- baking sheet
- oven
- pot
- aluminum foil
- measuring cup
- slotted spoon

## Directions

- Watch how to make this recipe.
- For the Gnocchi: Preheat the oven to 425 degrees F.
- Pierce the sweet potato with a fork.
- Bake the sweet potatoes until tender and fully cooked, between 40 to 55 minutes depending on size. Cool slightly.
- Cut in half and scoop the flesh into a large bowl. Mash the sweet potatoes and transfer to a large measuring cup to make sure the sweet potatoes measure about 2 cups.
- Transfer the mashed sweet potatoes back to the large bowl.
- Add the ricotta cheese, salt, cinnamon, and pepper and blend until well mixed.
- Add the flour, 1/2 cup at a time until a soft dough forms. Lightly flour a work surface and place the dough in a ball on the work surface. Divide the dough into 6 equal balls.
- Roll out each ball into a 1-inch wide rope.
- Cut each rope into 1-inch pieces.
- Roll the gnocchi over the tines of a fork.

- Transfer the formed gnocchi to a large baking sheet. Continue with the remaining gnocchi.
- Meanwhile, bring a large pot of salted water to a boil over high heat.
- Add the gnocchi in 3 batches and cook until tender but still firm to the bite, stirring occasionally, about 5 to 6 minutes.
- Drain the gnocchi using a slotted spoon onto a baking sheet. Tent with foil to keep warm and continue with the remaining gnocchi.
- For the Brown Butter sauce: While the gnocchi are cooking melt the butter in a large saute pan over medium heat. When the butter has melted add the sage leaves. Continue to cook, swirling the butter occasionally, until the foam subsides and the milk solids begin to brown.
- Remove the pan from the heat. Stir in the cinnamon, maple syrup, salt, and pepper. Careful, the mixture will bubble up. Gently stir the mixture. When the bubbles subside, toss the cooked gnocchi in the brown butter.
- Transfer the gnocchi to a serving dish and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:23.81, Glycemic Load:12.69, Inflammation Score:-10, Nutrition Score:12.017391230749%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 249.94kcal (12.5%), Fat: 14.26g (21.94%), Saturated Fat: 9.03g (56.43%), Carbohydrates: 27.16g (9.05%), Net Carbohydrates: 23.57g (8.57%), Sugar: 7.81g (8.67%), Cholesterol: 41.04mg (13.68%), Sodium: 808.52mg (35.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.52%), Vitamin A: 16536.06IU (330.72%), Copper: 0.49mg (24.46%), Manganese: 0.49mg (24.45%), Fiber: 3.59g (14.36%), Vitamin B6: 0.25mg (12.36%), Potassium: 422.66mg (12.08%), Vitamin B2: 0.18mg (10.49%), Vitamin B5: 0.97mg (9.7%), Calcium: 90.11mg (9.01%), Phosphorus: 89.85mg (8.98%), Magnesium: 32.62mg (8.15%), Vitamin B1: 0.1mg (6.38%), Selenium: 3.84µg (5.48%), Iron: 0.84mg (4.64%), Vitamin E: 0.65mg (4.36%), Zinc: 0.64mg (4.26%), Folate: 15.43µg (3.86%), Vitamin K: 3.65µg (3.47%), Vitamin B3: 0.67mg (3.34%), Vitamin C: 2.73mg (3.31%), Vitamin D: 0.25µg (1.69%), Vitamin B12: 0.09µg (1.57%)