



Sweet-Potato Gnocchi with Mushrooms and Spinach

READY IN



180 min.

SERVINGS



12

CALORIES



399 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounces baby spinach leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons butter
- ☐ 1 pound mushrooms such as chanterelle mixed
- ☐ 3 cups flour
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 12 servings d gnocchi

- ☐ 1 teaspoon kosher salt
- ☐ 2 teaspoons kosher salt
- ☐ 3 tablespoons brown sugar light packed
- ☐ 1 cup ricotta cheese low-fat
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 0.3 cup olive oil divided
- ☐ 0.5 cup parmesan cheese divided freshly grated
- ☐ 1 cup parmesan cheese freshly grated
- ☐ 0.3 cup shallots sliced
- ☐ 3 pounds orange-flesh sweet potatoes
- ☐ 2 cups vegetable broth
- ☐ 12 servings assembly
- ☐ 12 servings assembly

Equipment

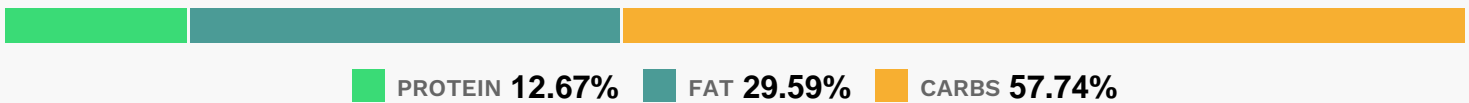
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Drain ricotta in a strainer over sink, stirring occasionally, 1 hour.
- ☐ In a large bowl, combine 3 cups sweet- potato pure (save extra for another use), strained ricotta, sugar, cheese, salt, and nutmeg. Gently stir in flour, 1/2 cup at a time, until a soft dough forms.
- ☐ Working on a floured surface, divide dough into 8 portions.
- ☐ Roll each portion with your hands into a 15-in. rope, then cut into 1-in. pieces, sprinkling dough with flour if it gets sticky.

- ☐ Transfer gnocchi to a rimmed tray lightly dusted with flour.
- ☐ Bring a large pot of salted water to a boil. Reduce heat to medium-low. Working in batches of 15 to 20, drop gnocchi into water, stirring to prevent sticking, and cook until gnocchi are firm and float to top of water, about 5 minutes. Using a slotted spoon, transfer gnocchi to a strainer and then to a lightly oiled rimmed pan to cool.
- ☐ Heat 2 tbsp. oil in a large nonstick frying pan over medium-high heat.
- ☐ Add gnocchi to pan and cook, stirring often, until browned, 5 to 8 minutes.
- ☐ Transfer to a large serving dish.
- ☐ Meanwhile, heat remaining 2 tbsp. oil in a second large frying pan over medium-high heat. Cook garlic and shallots until fragrant, about 2 minutes.
- ☐ Add mushrooms and saut until softened, about 5 minutes.
- ☐ Add broth, butter, spinach, salt, and pepper; cover and cook until spinach wilts, about 3 minutes.
- ☐ Spoon vegetables over gnocchi and pour in broth.
- ☐ Sprinkle with thyme and half of parmesan.
- ☐ Serve with remaining cheese.
- ☐ *Leave whole any soft mushrooms such as oysters and slice or quarter large, dense mushrooms like the cremini and king trumpets.
- ☐ Make ahead: Prepare through step Cover and chill up to 3 days or freeze up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:44.58, Glycemic Load:29.41, Inflammation Score:-10, Nutrition Score:27.66173894509%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 398.93kcal (19.95%), Fat: 13.21g (20.32%), Saturated Fat: 5.49g (34.33%), Carbohydrates: 57.98g (19.33%), Net Carbohydrates: 51.36g (18.68%), Sugar: 9.12g (10.13%), Cholesterol: 24.81mg (8.27%), Sodium: 1099.02mg (47.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.72g (25.44%), Vitamin A: 19133.01IU (382.66%), Vitamin K: 142.56µg (135.77%), Manganese: 0.93mg (46.64%), Folate: 131.02µg (32.76%), Selenium: 20.45µg (29.21%), Fiber: 6.62g (26.48%), Vitamin B2: 0.45mg (26.21%), Iron: 4.64mg (25.78%), Vitamin B1: 0.37mg (24.96%), Calcium: 249.01mg (24.9%), Phosphorus: 245.42mg (24.54%), Potassium: 842.96mg (24.08%), Vitamin B3: 4.28mg (21.42%), Copper: 0.41mg (20.6%), Vitamin B6: 0.37mg (18.3%), Magnesium: 72.79mg (18.2%), Vitamin B5: 1.59mg (15.89%), Vitamin C: 12.23mg (14.82%), Vitamin D: 2.09µg (13.91%), Zinc: 1.84mg (12.28%), Vitamin E: 1.7mg (11.33%), Vitamin B12: 0.23µg (3.91%)