



Sweet Potato Gnudi with Sage Butter

READY IN



190 min.

SERVINGS



8

CALORIES



239 kcal

SIDE DISH

Ingredients

- ☐ 2 egg yolks
- ☐ 0.3 cup flour all-purpose as needed
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 tablespoons parmigiano-reggiano cheese shredded to taste
- ☐ 1 cup ricotta cheese
- ☐ 10 sage leaves fresh whole
- ☐ 1 teaspoon salt
- ☐ 2 sweet potatoes

☐ 0.5 cup butter unsalted

Equipment

☐ bowl

☐ frying pan

☐ baking sheet

☐ oven

☐ pot

☐ slotted spoon

Directions

☐ Preheat oven to 400 degrees F (200 degrees C).

☐ Roast sweet potatoes in the preheated oven until tender, about 1 hour; set aside until cool enough to handle.

☐ Halve cooled sweet potatoes lengthwise and scoop the flesh from the peels. Discard potato peels. Mash the sweet potato flesh on a work surface and allow to rest for at least 30 minutes to cool and release moisture.

☐ Transfer mashed sweet potatoes to a bowl and mix with egg yolks, ricotta cheese, and 3/4 cup Parmigiano-Reggiano cheese. Stir in salt, black pepper, and nutmeg.

☐ Add flour gradually to the sweet potato mixture until the dough holds together.

☐ Scoop dough by teaspoonful and roll into marble-size balls.

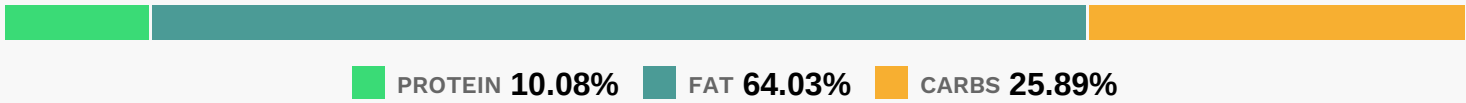
☐ Sprinkle a baking sheet generously with semolina flour and place gnudi onto the prepared baking sheet. Refrigerate at least 1 hour or overnight for best texture.

☐ Bring a large pot of salted water to a boil. Reduce heat to low and let the water simmer. Gently drop gnudi, about 12 at a time, into the simmering water and cook until they rise to the surface, about 4 minutes. Simmer for 4 more minutes and remove with a slotted spoon. Keep boiled gnudi warm while you finish cooking remaining batches.

☐ Melt butter in a large skillet over medium heat and cook whole sage leaves until they wilt and are beginning to brown, about 2 minutes; remove leaves. Retain butter in skillet. Stir chopped sage into the hot butter and cook until the butter begins to brown and give off a nutty fragrance, about 2 minutes. Gently mix the gnudi into the butter and sage until gnudi are coated.

Garnish with whole sage leaves and sprinkle with 2 tablespoons Parmigiano–Reggiano cheese to serve.

Nutrition Facts



Properties

Glycemic Index:36.13, Glycemic Load:8.06, Inflammation Score:-10, Nutrition Score:10.407826066017%

Flavonoids

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

Nutrients (% of daily need)

Calories: 238.75kcal (11.94%), Fat: 17.16g (26.4%), Saturated Fat: 10.55g (65.91%), Carbohydrates: 15.61g (5.2%), Net Carbohydrates: 13.77g (5.01%), Sugar: 2.54g (2.82%), Cholesterol: 95.76mg (31.92%), Sodium: 371.66mg (16.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.16%), Vitamin A: 8583.27IU (171.67%), Selenium: 9.11µg (13.01%), Copper: 0.26mg (12.98%), Phosphorus: 109.77mg (10.98%), Calcium: 106.74mg (10.67%), Manganese: 0.19mg (9.75%), Vitamin B2: 0.15mg (8.66%), Vitamin B6: 0.15mg (7.54%), Fiber: 1.85g (7.38%), Vitamin B5: 0.69mg (6.92%), Potassium: 238.14mg (6.8%), Folate: 24.27µg (6.07%), Vitamin B1: 0.09mg (5.9%), Magnesium: 19.88mg (4.97%), Zinc: 0.71mg (4.75%), Iron: 0.8mg (4.43%), Vitamin E: 0.63mg (4.21%), Vitamin B12: 0.23µg (3.87%), Vitamin D: 0.52µg (3.49%), Vitamin B3: 0.59mg (2.95%), Vitamin K: 2.52µg (2.4%), Vitamin C: 1.36mg (1.65%)