



Talluto's Spinach Gnocchi

 Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



175 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 large eggs
- 1.3 cups flour all-purpose
- 0.5 teaspoon kosher salt
- 0.1 teaspoon nutmeg
- 1 pound milk ricotta whole drained
- 10 ounces pkt spinach finely chopped
- 0.1 teaspoon pepper white

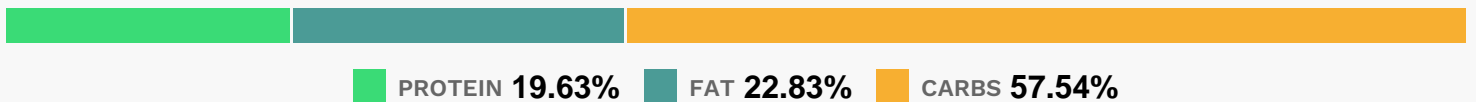
Equipment

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

Directions

- Combine ricotta, spinach, eggs, salt, pepper, and nutmeg in a bowl and mix thoroughly.
- Add 1 1/4 cups of the flour to the bowl and mix. The remaining 1/4 cup of flour should only be used if the dough is too sticky.
- Turn the dough onto a floured work surface.
- Divide the dough into workable pieces.
- With your hands, roll the pieces of dough into long cylinders approximately 3/4 of an inch in diameter.
- Cut the cylinders into 1-inch pieces. Make a depression in each gnocchi to shape.
- In a large pot with 6 to 8 quarts of salted boiling water, add gnocchi and carefully stir to prevent sticking.
- As gnocchi start to cook they will float to the surface. Cook approximately 1 minute more.
- Remove gnocchi with slotted spoon or strainer.
- Add a saute pan with your favorite sauce or butter.
- Saute briefly.
- Add your choice of grated cheese and serve.

Nutrition Facts



Properties

Glycemic Index:35.83, Glycemic Load:15.94, Inflammation Score:-10, Nutrition Score:21.051739132923%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 175.19kcal (8.76%), Fat: 4.46g (6.86%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 25.29g (8.43%), Net Carbohydrates: 23.52g (8.55%), Sugar: 3.98g (4.42%), Cholesterol: 71.07mg (23.69%), Sodium: 284.04mg (12.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.63g (17.26%), Vitamin K: 228.57µg (217.68%), Vitamin A: 4643.07IU (92.86%), Folate: 147.19µg (36.8%), Manganese: 0.61mg (30.63%), Vitamin B2: 0.4mg (23.44%), Selenium: 15.86µg (22.65%), Vitamin B1: 0.29mg (19.36%), Vitamin C: 13.29mg (16.11%), Phosphorus: 160.79mg (16.08%), Iron: 2.79mg (15.5%), Calcium: 153.31mg (15.33%), Magnesium: 54.25mg (13.56%), Potassium: 428.13mg (12.23%), Vitamin B3: 1.97mg (9.86%), Vitamin B12: 0.56µg (9.28%), Vitamin B6: 0.18mg (8.91%), Vitamin E: 1.19mg (7.92%), Vitamin D: 1.16µg (7.77%), Fiber: 1.76g (7.05%), Vitamin B5: 0.68mg (6.82%), Zinc: 0.96mg (6.4%), Copper: 0.11mg (5.63%)