



Tiny Potato Dumplings with Tomato, Onion, and Guanciale Sauce

 Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



348 kcal

SIDE DISH

Ingredients

- ☐ 28 oz canned tomatoes drained finely chopped canned (reserving juice)
- ☐ 1 small garlic clove minced
- ☐ 0.5 cup guanciale finely chopped (cured pork jowl)
- ☐ 1 tablespoon olive oil
- ☐ 8 servings pecorino cheese finely grated
- ☐ 1.3 cups onion red finely chopped
- ☐ 1.3 teaspoons salt

- ☐ 1 teaspoon sugar
- ☐ 0.5 cup water
- ☐ 1.5 lb yukon gold potatoes

Equipment

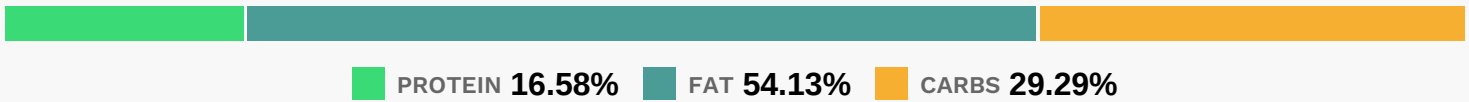
- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ baking pan
- ☐ wooden spoon
- ☐ ziploc bags
- ☐ kitchen towels
- ☐ slotted spoon
- ☐ colander
- ☐ potato ricer

Directions

- ☐ Heat oil in a 5- to 6-quart heavy pot over moderately high heat until hot but not smoking, then sauté guanciale and onion, stirring, until onion is golden, about 6 minutes.
- ☐ Add garlic and sauté, stirring, until golden, about 1 minute.
- ☐ Add tomatoes with reserved juice, water, sugar, and salt and simmer, uncovered, stirring occasionally, until thickened, about 30 minutes.
- ☐ Cover potatoes with salted cold water by 2 inches in a large pot, then simmer, uncovered, until very tender, about 25 minutes.
- ☐ Drain in a colander and, when cool enough to handle, peel.
- ☐ Force warm potatoes through ricer into a large bowl.
- ☐ Add flour and salt and stir with a wooden spoon until mixture begins to come together. Gently form dough into a ball and cut in half.
- ☐ Knead each dough half on a floured surface until smooth, about 1 minute (if dough sticks to surface, dust lightly with additional flour).

- ☐ Cut each half evenly into 10 pieces.
- ☐ Roll 1 piece into a 14-inch-long rope (1/2 inch thick), keeping remaining pieces covered with a kitchen towel.
- ☐ Cut rope crosswise into 1/4-inch pieces and toss pieces lightly with flour on work surface.
- ☐ Press a piece of dough against tines of a floured fork and push with a floured thumb in a forward rolling motion toward end of tines, letting gnocchetti fall from fork into a well-floured shallow baking pan. Make more gnocchetti in same manner.
- ☐ Just before cooking, gently shake gnocchetti in 4 batches in a large medium-mesh sieve to knock off excess flour. Cook gnocchetti in 4 batches in a 5- to 6-quart pot of boiling salted water until they float, about 1 minute.
- ☐ Transfer with a slotted spoon to a large shallow bowl as cooked and spoon some sauce on top.
- ☐ • Sauce can be made 2 days ahead and chilled, covered. Reheat before proceeding. • Gnocchetti can be formed (but not cooked) 1 week ahead and frozen in floured baking pan, covered, until hard, about 3 hours, then put in a sealed plastic bag. Do not thaw before cooking. Boil frozen gnocchetti about 2 minutes. *Available at Salumeria Biellese (212-736-7376).

Nutrition Facts



Properties

Glycemic Index:34.48, Glycemic Load:14.1, Inflammation Score:-5, Nutrition Score:13.860434739486%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 348.44kcal (17.42%), Fat: 21.46g (33.02%), Saturated Fat: 9.73g (60.84%), Carbohydrates: 26.14g (8.71%), Net Carbohydrates: 21.95g (7.98%), Sugar: 6.81g (7.57%), Cholesterol: 47.27mg (15.76%), Sodium: 989.85mg (43.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.79g (29.58%), Calcium: 370.26mg (37.03%), Vitamin C: 27.85mg (33.76%), Phosphorus: 316.05mg (31.61%), Vitamin B6: 0.46mg (22.99%), Potassium: 712.69mg (20.36%), Manganese: 0.36mg (17.86%), Fiber: 4.19g (16.76%), Copper: 0.3mg (14.8%), Magnesium: 54.46mg

(13.61%), Iron: 2.26mg (12.54%), Vitamin B2: 0.2mg (11.59%), Vitamin B1: 0.17mg (11.05%), Vitamin B3: 2.16mg (10.82%), Vitamin E: 1.58mg (10.5%), Zinc: 1.34mg (8.92%), Folate: 33.37µg (8.34%), Vitamin K: 8.69µg (8.28%), Selenium: 5.38µg (7.69%), Vitamin B5: 0.69mg (6.88%), Vitamin A: 340.06IU (6.8%), Vitamin B12: 0.34µg (5.6%)