



Zucchini Ricotta Gnocchi

 Popular

READY IN



60 min.

SERVINGS



4

CALORIES



351 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup basil loosely packed sliced
- ☐ 2 egg yolks
- ☐ 1 cup flour
- ☐ 2 teaspoons lemon zest
- ☐ 0.3 cup parmigiano reggiano grated (parmesan)
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 cups ricotta
- ☐ 1 tablespoon salt

☐ 4 cups zucchini grated

Equipment

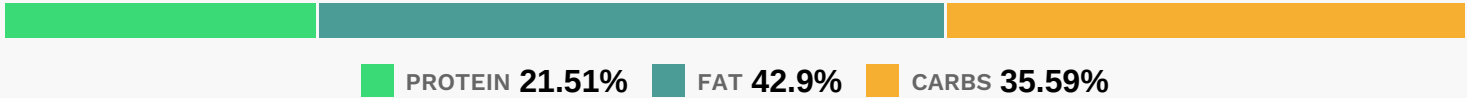
☐ kitchen towels

☐ colander

Directions

- ☐ Mix the zucchini and salt, let drain in a colander for 20 minutes, place in tea towel and squeeze out as much liquid as possible.
- ☐ Mix the zucchini, basil, lemon, ricotta, egg, cheese and pepper and then mix in enough flour to form a dough that is not too sticky to work with.Divide the dough, roll into 1 inch thick strings, slice into 1 inch pieces and roll over gnocchi board or fork using enough flour that the dough does not stick to everything.Cook the gnocchi in boiling water until it floats, remove and enjoy in your favourite sauce.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:18.49, Inflammation Score:-7, Nutrition Score:17.145652190499%

Flavonoids

Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 351.26kcal (17.56%), Fat: 16.79g (25.83%), Saturated Fat: 9.75g (60.97%), Carbohydrates: 31.33g (10.44%), Net Carbohydrates: 29.09g (10.58%), Sugar: 3.58g (3.98%), Cholesterol: 148.88mg (49.63%), Sodium: 1937.36mg (84.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.94g (37.88%), Selenium: 30.8µg (43.99%), Calcium: 308.28mg (30.83%), Vitamin B2: 0.52mg (30.75%), Phosphorus: 307.44mg (30.74%), Vitamin C: 23.76mg (28.8%), Folate: 112.86µg (28.21%), Manganese: 0.48mg (24.1%), Vitamin B1: 0.33mg (22.18%), Vitamin A: 920.75IU (18.42%), Vitamin B6: 0.3mg (14.87%), Iron: 2.64mg (14.68%), Zinc: 2.09mg (13.96%), Potassium: 478.33mg (13.67%), Vitamin B3: 2.54mg (12.7%), Vitamin K: 13.05µg (12.43%), Magnesium: 43.99mg (11%), Vitamin B12: 0.57µg (9.44%), Fiber: 2.25g (8.98%), Vitamin B5: 0.89mg (8.93%), Copper: 0.15mg (7.44%), Vitamin D: 0.7µg (4.69%), Vitamin E: 0.53mg (3.54%)