

# Gnocchi with Butter, Sage and Walnuts

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## Servings: 6

*2 pounds baking potatoes*  
*2 egg yolks, beaten*  
*1/2 teaspoon salt*  
*1/4 teaspoon ground nutmeg*  
*1 1/2 cups all-purpose flour*  
*6 tablespoons unsalted butter*  
*1/4 cup fresh sage leaves, coarsely chopped*  
*1/2 cup toasted walnuts, chopped*  
*1/2 cup Parmesan cheese, shredded*  
*freshly ground pepper*

## Preparation Time: 30 minutes

### Bake: 55 minutes

Preheat the oven to 400 degrees.

Scrub the potatoes and pierce with a fork. Bake for 55 minutes. Remove from the oven and cool slightly. Spoon the flesh into a large bowl and mash until smooth. Cool to room temperature.

Make a well in the potatoes. Add the egg yolks, 1/4 teaspoon of the salt and the nutmeg. With a fork, gently mix the egg into the potatoes. Slowly stir in the flour. Knead in the bowl a few times until the dough comes together. Turn out onto a floured surface and continue to knead for 2 to 3 minutes until soft and smooth. Cover with plastic wrap and refrigerate for 30 minutes.

Divide the dough into eight equal pieces. On a floured surface, roll one piece into a rope about eighteen inches in length. Cut into one-inch pieces and roll over the tines of a fork. Transfer to a floured baking sheet. Repeat with the remaining dough.

Bring a large pot of lightly salted water to a boil. Add half the gnocchi and return to a simmer. When the gnocchi float to the top, about 1 to 2 minutes, remove to a large bowl with a slotted spoon. Repeat with the remaining gnocchi.

Melt the butter in a skillet. Add the sage and remaining 1/4 teaspoon of salt. Cook for 30 seconds.

Toss the butter mixture with the gnocchi. Add the nuts, Parmesan and pepper. Serve.

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Per Serving (excluding unknown items): 386 Calories; 16g Fat (36.4% calories from fat); 10g Protein; 51g Carbohydrate; 3g Dietary Fiber; 107mg Cholesterol; 315mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1/2 Lean Meat; 2 1/2 Fat.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	386	<b>Vitamin B6 (mg):</b>	.4mg
<b>% Calories from Fat:</b>	36.4%	<b>Vitamin B12 (mcg):</b>	.3mcg
<b>% Calories from Carbohydrates:</b>	53.1%	<b>Thiamin B1 (mg):</b>	.4mg
<b>% Calories from Protein:</b>	10.5%	<b>Riboflavin B2 (mg):</b>	.3mg
<b>Total Fat (g):</b>	16g	<b>Folacin (mcg):</b>	77mcg
<b>Saturated Fat (g):</b>	9g	<b>Niacin (mg):</b>	4mg
<b>Monounsaturated Fat (g):</b>	5g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	107mg	<b>% Refused:</b>	n n%
<b>Carbohydrate (g):</b>	51g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	3g	<b>Grain (Starch):</b>	3 1/2
<b>Protein (g):</b>	10g	<b>Lean Meat:</b>	1/2
<b>Sodium (mg):</b>	315mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	872mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	119mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	3mg	<b>Fat:</b>	2 1/2
<b>Zinc (mg):</b>	1mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	30mg		
<b>Vitamin A (i.u.):</b>	588IU		
<b>Vitamin A (r.e.):</b>	153 1/2RE		

**Nutrition Facts**

Servings per Recipe: 6

Amount Per Serving	
<b>Calories</b>	386
	Calories from Fat: 140
% Daily Values*	
<b>Total Fat</b>	16g 24%
Saturated Fat	9g 45%
<b>Cholesterol</b>	107mg 36%
<b>Sodium</b>	315mg 13%
<b>Total Carbohydrates</b>	51g 17%
Dietary Fiber	3g 13%
<b>Protein</b>	10g
<b>Vitamin A</b>	12%
<b>Vitamin C</b>	50%
<b>Calcium</b>	12%
<b>Iron</b>	16%

\* Percent Daily Values are based on a 2000 calorie diet.