

Recipe Name **Gluten Free Potato Gnocchi – 4 servings**

Ingredients: 2-2.5lb. Russet Potatoes
 1 cup white rice flour
 ½ cup sweet rice flour
 2 large eggs
 1 tsp. fine sea salt or kosher salt

Directions

1. Preheat oven to 400 degrees. Pierce potatoes a few times with a knife and place directly into oven, setting on oven rack. Roast until tender, about 1 hour. Remove potatoes from oven and allow to cool.
2. Whisk together the white rice flour and sweet rice flour. Use the flour blend to generously flour your counter. Peel the potatoes and pass them through a potato ricer landing directly over the floured counter. If you do not have a ricer you can use a box grater, using the large grater side.
3. Whisk together the eggs and 1 teaspoon salt. Pour over the potatoes. Work the egg mixture into the potatoes using a bench scraper, pastry blender or fork until the potatoes begin to hold together. Mixture will be sticky.
4. Work one cup of the flour mixture into the potato mixture using the bench scraper/pastry blender. Once a dough begins to form, use your bench scraper to fold and press the dough until all the flour is incorporated. The dough should be firm and not sticky. If it is still sticky, add another ¼ cup of flour to your dough and incorporate. Continue until your dough comes together. Form dough into a log.
5. Sprinkle fresh flour over your counter and divide dough into quarters. Take one quarter out to work with and cover the remaining dough with a damp paper towel. Roll out each dough quarter into a ½ inch wide log and then cut the log into about 1" pieces. Shape by rolling the gnocchi over a fork/gnocchi board or a cooling rack.
6. Transfer shaped gnocchi to a lightly flour baking sheet. Gnocchi can either be frozen or cooked at this point.

To Freeze: Place baking sheet filled with gnocchi in the freezer. Once they are frozen solid, transfer to a plastic freezer bag. They can be frozen for up to 2 months. Cook as directed below.

To Cook: Boil a large pot of salted water. Cook half the fresh or frozen gnocchi in the boiling water for about 4 minutes, slightly longer than it will take for them to float. Taste one gnocchi to ensure that it is cooked through. Remove the gnocchi from the water with a skimmer and transfer to a bowl or pot of sauce. Repeat with the remaining gnocchi. If adding immediately to sauce, drizzle with olive oil and toss to prevent sticking.

Nutrition Facts

Servings: 4

Amount per serving

Calories **365**

% Daily Value*

Total Fat 3.3g **4%**

Saturated Fat 0.8g **4%**

Cholesterol 93mg **31%**

Sodium 49mg **2%**

Total Carbohydrate 72.8g **26%**

Dietary Fiber 6.6g **23%**

Total Sugars 2.9g

Protein 9.3g

Vitamin D 9mcg **44%**

Calcium 34mg **3%**

Iron 2mg **9%**

Potassium 957mg **20%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by **verywell**