



Cavatappi with Vodka Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



401 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons basil finely chopped
- ☐ 1 tablespoon butter
- ☐ 8 ounce tomato sauce canned
- ☐ 3 cups cavatappi pasta uncooked
- ☐ 4 teaspoons flour all-purpose
- ☐ 1 garlic clove minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.8 cup half-and-half
- ☐ 0.5 cup milk 2% reduced-fat

- ☐ 0.7 cup onion finely chopped
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup vodka
- ☐ 1 tablespoon water

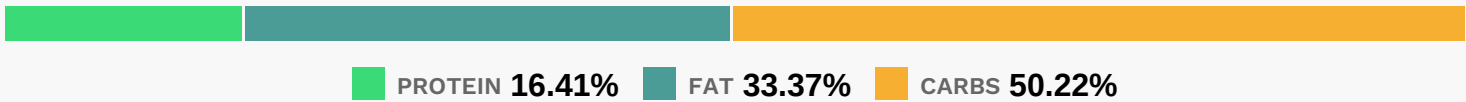
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ Melt butter in a medium saucepan over medium heat.
- ☐ Add onion and garlic; cover and cook 3 minutes or until tender.
- ☐ Add tomato sauce; simmer, partially covered, 8 minutes or until thick.
- ☐ Combine flour and water, stirring with a whisk until smooth.
- ☐ Add flour mixture to pan; cook 1 minute.
- ☐ Add half-and-half, milk, vodka, salt, and pepper; bring to a boil. Stir in cheese. Reduce heat to low; cook 3 minutes or until cheese melts, stirring frequently.
- ☐ Add pasta; toss to coat.
- ☐ Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:103.25, Glycemic Load:16.34, Inflammation Score:-7, Nutrition Score:13.098260805659%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 401.1kcal (20.06%), Fat: 13.22g (20.34%), Saturated Fat: 7.85g (49.07%), Carbohydrates: 44.76g (14.92%), Net Carbohydrates: 41.92g (15.24%), Sugar: 7.86g (8.73%), Cholesterol: 35.41mg (11.8%), Sodium: 709.6mg (30.85%), Alcohol: 6.68g (100%), Alcohol %: 3.4% (100%), Protein: 14.63g (29.25%), Selenium: 35.12µg (50.17%), Phosphorus: 282.6mg (28.26%), Calcium: 279.86mg (27.99%), Manganese: 0.55mg (27.72%), Vitamin B2: 0.28mg (16.2%), Vitamin A: 713.75IU (14.28%), Magnesium: 50.51mg (12.63%), Potassium: 432.34mg (12.35%), Copper: 0.23mg (11.4%), Fiber: 2.85g (11.39%), Vitamin B6: 0.21mg (10.58%), Zinc: 1.55mg (10.33%), Vitamin C: 6.87mg (8.33%), Iron: 1.48mg (8.2%), Vitamin B3: 1.61mg (8.06%), Vitamin B1: 0.12mg (7.73%), Vitamin E: 1.13mg (7.56%), Vitamin B5: 0.72mg (7.21%), Vitamin B12: 0.42µg (6.98%), Vitamin K: 7.09µg (6.76%), Folate: 26.63µg (6.66%)