



WHATSheATE



## Chicken and Penne in Vodka Cream Sauce

👤 Popular

READY IN



45 min.

SERVINGS



4

CALORIES



1198 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 crusty baguette halved lengthwise cut in half then
- ☐ 28 ounce canned tomatoes whole packed in juice peeled canned
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 cup garlic clove minced pressed
- ☐ 4 teaspoons garlic clove minced
- ☐ 1 teaspoon granulated sugar
- ☐ 0.8 cup cup heavy whipping cream

- ☐ 4 servings kosher salt
- ☐ 1.5 cups parmesan   grated
- ☐ 1 pound penne pasta   dried
- ☐ 0.5 teaspoon pepper   red
- ☐ 0.5 cup shallots   minced
- ☐ 1 pound chicken breast   boneless skinless sliced
- ☐ 2 tablespoons tomato paste
- ☐ 2 tablespoons butter   unsalted
- ☐ 6 tablespoons vodka

## Equipment

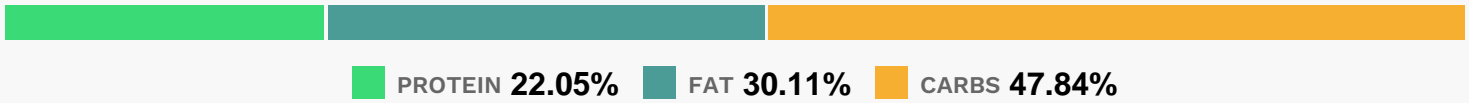
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ aluminum foil

## Directions

- ☐ Prepare Garlic Bread: Adjust oven rack to upper-middle position and preheat oven to 400°F. Line rimmed baking sheet with foil.
- ☐ Place bread on sheet cut side up.
- ☐ In small saucepan over medium heat, melt butter with garlic. Cook until garlic is fragrant and has softened slightly, about 4 minutes. Spoon garlic butter over bread and season with salt.
- ☐ Sprinkle with Parmesan. Set aside.
- ☐ Make the Pasta: Bring a large pot of salted water to a boil over high heat. In large skillet over medium heat, melt butter.
- ☐ Add shallots and cook, stirring, until softened and just beginning to brown, about 8 minutes. Stir in garlic and cook until fragrant, about 30 seconds.

- ☐ Transfer shallot mixture to blender.
- ☐ Add tomatoes (with juice) and tomato paste. Blend until smooth.
- ☐ Transfer tomato mixture back to skillet and stir in chili flakes, vodka, 1 1/2 teaspoons salt, and sugar. Bring to boil over medium heat. Reduce heat to medium-low and simmer, stirring occasionally, until slightly thickened and flavors are melded, about 15 minutes. Stir in cream and season to taste. Stir in chicken and cook until just cooked through, about 2 minutes. Keep warm while pasta cooks.
- ☐ Cook pasta according to package directions. Meanwhile, place garlic bread in oven and bake until cheese is starting to brown, about 10 minutes.
- ☐ Remove from oven and sprinkle with parsley.
- ☐ Drain cooked pasta, reserving 1 cup of pasta water. Toss pasta with sauce, adding pasta water as necessary until sauce reaches desired consistency. Season to taste with salt and pepper if necessary. Stir in basil.
- ☐ Serve pasta and bread immediately, passing additional cheese tableside if desired.

## Nutrition Facts



## Properties

Glycemic Index:115.71, Glycemic Load:58.55, Inflammation Score:-9, Nutrition Score:47.76869543739%

## Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

## Nutrients (% of daily need)

Calories: 1197.83kcal (59.89%), Fat: 38.29g (58.91%), Saturated Fat: 21.38g (133.63%), Carbohydrates: 136.85g (45.62%), Net Carbohydrates: 128.17g (46.61%), Sugar: 16.76g (18.62%), Cholesterol: 163.55mg (54.52%), Sodium: 1690.95mg (73.52%), Alcohol: 7.51g (100%), Alcohol %: 1.45% (100%), Protein: 63.1g (126.2%), Selenium: 131.23µg (187.47%), Vitamin B3: 18.62mg (93.1%), Manganese: 1.84mg (92.22%), Phosphorus: 884.5mg (88.45%), Vitamin B6: 1.62mg (80.96%), Vitamin K: 81.93µg (78.03%), Calcium: 676.07mg (67.61%), Vitamin B1: 0.7mg (46.85%), Vitamin B2: 0.74mg (43.65%), Potassium: 1459.45mg (41.7%), Iron: 7.46mg (41.45%), Magnesium: 163.41mg (40.85%), Vitamin A: 2009.74IU (40.19%), Vitamin C: 33.14mg (40.17%), Copper: 0.7mg (34.84%), Fiber: 8.68g (34.74%), Folate: 130.81µg (32.7%), Vitamin B5: 3.05mg (30.54%), Zinc: 4.54mg (30.28%), Vitamin E: 3.03mg (20.21%),

Vitamin B12: 0.76µg (12.67%), Vitamin D: 1.12µg (7.47%)