



Chicken Sausage Rigatoni in a Spicy Vodka Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



1134 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup asiago cheese grated
- ☐ 1 tablespoon butter
- ☐ 28 ounce canned tomatoes whole with basil canned
- ☐ 1 pound mild chicken sausage
- ☐ 3 cloves garlic finely chopped
- ☐ 0.5 cup bell pepper green roughly chopped
- ☐ 1 cup heavy cream
- ☐ 1 teaspoon hungarian paprika hot

- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 1 jalapeño chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion roughly chopped
- ☐ 3 tablespoons freshly parsley leaves chopped
- ☐ 1 pound rigatoni
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.3 cup vodka

Equipment

- ☐ frying pan
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Bring a large pot of water to boil for the pasta. In a large saute pan over medium heat melt butter with oil.
- ☐ Add chicken sausage and brown, 3 to 4 minutes, breaking up large chunks with a wooden spoon.
- ☐ Add onions, jalapenos and garlic and saute until softened, about 5 minutes.
- ☐ Add green pepper, paprika, Italian seasoning, salt and pepper, to taste, and cook 3 minutes more.
- ☐ Generously salt the pasta water and add the rigatoni. Cook until al dente, about 12 minutes.
- ☐ Meanwhile, add tomatoes to the sauce and bring to a simmer, for about 10 minutes.
- ☐ Add vodka and cream and cook a few minutes more. Toss in cheese and chopped parsley. To serve, drain the pasta well and add to the sauce.
- ☐ Mix until pasta is nicely coated. Season with salt and pepper, to taste.

Nutrition Facts



 **PROTEIN 16.9%**  **FAT 42.83%**  **CARBS 40.27%**

Properties

Glycemic Index:88.75, Glycemic Load:39.1, Inflammation Score:-9, Nutrition Score:34.990869439167%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 1133.7kcal (56.68%), Fat: 52.72g (81.11%), Saturated Fat: 23.85g (149.03%), Carbohydrates: 111.54g (37.18%), Net Carbohydrates: 102.83g (37.39%), Sugar: 16.62g (18.47%), Cholesterol: 171.82mg (57.27%), Sodium: 1872.17mg (81.4%), Alcohol: 6.68g (100%), Alcohol %: 1.45% (100%), Protein: 46.82g (93.64%), Selenium: 80.8µg (115.43%), Manganese: 1.55mg (77.43%), Vitamin K: 70.33µg (66.98%), Vitamin C: 45.52mg (55.17%), Vitamin A: 2599.61IU (51.99%), Phosphorus: 505.76mg (50.58%), Calcium: 452.1mg (45.21%), Copper: 0.75mg (37.42%), Fiber: 8.71g (34.85%), Iron: 5.94mg (33.01%), Vitamin B6: 0.63mg (31.48%), Magnesium: 123.89mg (30.97%), Potassium: 1030.07mg (29.43%), Vitamin E: 4.25mg (28.36%), Vitamin B3: 4.75mg (23.74%), Vitamin B2: 0.4mg (23.3%), Zinc: 3.13mg (20.84%), Vitamin B1: 0.3mg (20.31%), Folate: 63.13µg (15.78%), Vitamin B5: 1.41mg (14.07%), Vitamin D: 1.08µg (7.18%), Vitamin B12: 0.4µg (6.69%)