



Creamy Pink Vodka Sauce with Penne

READY IN



15 min.

SERVINGS



8

CALORIES



438 kcal

SAUCE

Ingredients

- 56 ounce canned tomatoes crushed canned
- 1 lb penne rigate cooked
- 2 tablespoons olive oil extra virgin
- 2 tablespoons parsley fresh chopped
- 4 cloves garlic crushed chopped
- 0.8 cup cup heavy whipping cream
- 1 onion finely chopped
- 8 servings parmesan
- 1 pinch pepper flakes hot

8 servings salt and pepper

0.8 cup vodka

Equipment

frying pan

microplane

Directions

Put the olive oil into the pan and add the onions and garlic.² Turn on the heat to medium-low and gently cook for a few minutes.³

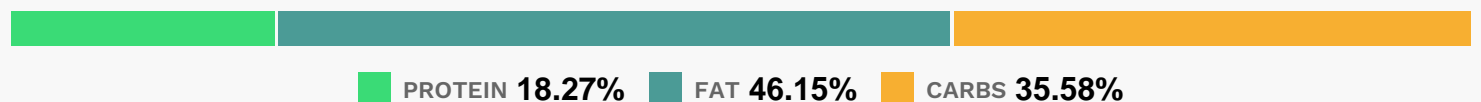
Add the red pepper flakes cook 1 minute add crushed tomatoes.⁴ Raise the heat to medium and bring the mixture to a boil.⁵

Add the vodka and a pinch of salt and pepper simmer uncovered for about 8 minutes over medium-low heat.⁶

Add the cream and lower the heat, add drained pasta and toss in parsley.⁷ Stir to coat well and grate a generous amount of parmesan into the pasta using our microplane grater.⁸

Serve immediately sprinkled with more parmesan, and red pepper flakes.

Nutrition Facts



Properties

Glycemic Index:32.81, Glycemic Load:12.75, Inflammation Score:-8, Nutrition Score:19.154348000236%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 437.61kcal (21.88%), Fat: 20.42g (31.41%), Saturated Fat: 10.73g (67.03%), Carbohydrates: 35.42g (11.81%), Net Carbohydrates: 30.33g (11.03%), Sugar: 10.55g (11.73%), Cholesterol: 45.61mg (15.2%), Sodium: 944.6mg

(41.07%), Alcohol: 7.51g (100%), Alcohol %: 2.72% (100%), Protein: 18.18g (36.36%), Calcium: 448.8mg (44.88%), Selenium: 23.86µg (34.09%), Phosphorus: 325.57mg (32.56%), Manganese: 0.6mg (29.86%), Vitamin K: 30.35µg (28.9%), Vitamin C: 21.39mg (25.92%), Copper: 0.45mg (22.29%), Vitamin E: 3.3mg (22.01%), Vitamin A: 1074.79IU (21.5%), Iron: 3.71mg (20.64%), Fiber: 5.09g (20.36%), Vitamin B6: 0.4mg (19.86%), Potassium: 687.53mg (19.64%), Magnesium: 66.94mg (16.74%), Vitamin B2: 0.26mg (15.54%), Vitamin B3: 2.79mg (13.94%), Vitamin B1: 0.19mg (12.52%), Zinc: 1.76mg (11.71%), Folate: 36.97µg (9.24%), Vitamin B5: 0.84mg (8.38%), Vitamin B12: 0.4µg (6.59%), Vitamin D: 0.51µg (3.38%)