

Easy Vodka Sauce

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



10

CALORIES



353 kcal

SAUCE

Ingredients

- ☐ 0.5 cup butter
- ☐ 56 ounce tomatoes crushed canned
- ☐ 1 pint heavy cream
- ☐ 1 onion diced
- ☐ 1 cup vodka

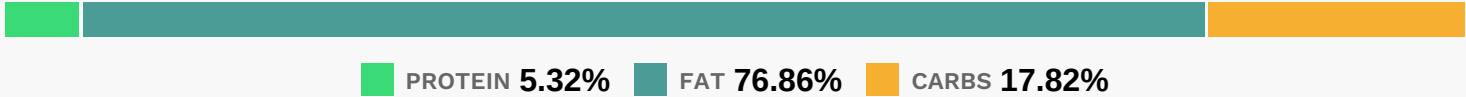
Equipment

- ☐ frying pan

Directions

- ☐ In a skillet over medium heat, saute onion in butter until slightly brown and soft.
- ☐ Pour in vodka and let cook for 10 minutes.
- ☐ Mix in crushed tomatoes and cook for 30 minutes.
- ☐ Pour in heavy cream and cook for another 30 minutes.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:3.48, Inflammation Score:-7, Nutrition Score:10.418695724529%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 352.9kcal (17.65%), Fat: 26.74g (41.14%), Saturated Fat: 16.79g (104.91%), Carbohydrates: 13.95g (4.65%), Net Carbohydrates: 10.75g (3.91%), Sugar: 8.84g (9.82%), Cholesterol: 77.87mg (25.96%), Sodium: 296mg (12.87%), Alcohol: 8.02g (100%), Alcohol %: 4.02% (100%), Protein: 4.16g (8.33%), Vitamin A: 1320.75IU (26.42%), Vitamin C: 15.7mg (19.03%), Vitamin E: 2.69mg (17.9%), Manganese: 0.31mg (15.26%), Potassium: 529.13mg (15.12%), Copper: 0.3mg (15.12%), Vitamin B6: 0.27mg (13.41%), Fiber: 3.2g (12.81%), Iron: 2.14mg (11.88%), Vitamin B2: 0.18mg (10.59%), Vitamin K: 10.77µg (10.25%), Vitamin B3: 1.99mg (9.94%), Magnesium: 36.39mg (9.1%), Calcium: 90.46mg (9.05%), Vitamin B1: 0.14mg (9.02%), Phosphorus: 85.36mg (8.54%), Folate: 24.96µg (6.24%), Vitamin B5: 0.59mg (5.88%), Vitamin D: 0.76µg (5.05%), Zinc: 0.57mg (3.81%), Selenium: 2.54µg (3.63%), Vitamin B12: 0.09µg (1.58%)