

Jackie's Vodka Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



200 kcal

SAUCE

Ingredients

- 30 ounce tomatoes crushed canned
- 1 teaspoon parsley dried
- 2 cloves garlic minced
- 1 teaspoon ground pepper black
- 0.5 teaspoon ground rosemary dried
- 1 tablespoon olive oil
- 1 onion minced
- 1 teaspoon oregano dried

- 1 teaspoon salt
- 1 teaspoon thyme leaves dried
- 6 ounce tomato paste canned
- 14.3 ounce tomato purée canned
- 1 cup vodka



Equipment

- sauce pan

Directions

- Heat the olive oil in a large saucepan over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir the tomato paste into the onion mixture, working all of the lumps out.
- Pour in the vodka and bring to a boil over medium-high heat; boil for 1 minute.
- Add the crushed tomatoes and tomato puree. Season with oregano, pepper, salt, thyme, parsley, and rosemary.
- Return to a simmer; reduce heat to medium-low, cover, and simmer 45 minutes, stirring occasionally.
- Add water if the sauce becomes too thick as it cooks, but remember that you'll be adding the cream soon, so don't thin it too much. Once the sauce has cooked, stir in the cream until the consistency and color are to your liking. Cook another 5 to 10 minutes to reheat.

Nutrition Facts

  
 PROTEIN **13.7%**  FAT **22.16%**  CARBS **64.14%**

Properties

Glycemic Index:56.33, Glycemic Load:5.4, Inflammation Score:-8, Nutrition Score:12.972608669944%

Flavonoids

Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 199.96kcal (10%), Fat: 3.05g (4.7%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 14.77g (5.37%), Sugar: 11.25g (12.5%), Cholesterol: 0mg (0%), Sodium: 702.59mg (30.55%), Alcohol: 13.36g (100%), Alcohol %: 5.62% (100%), Protein: 4.25g (8.49%), Vitamin C: 24.08mg (29.19%), Manganese: 0.54mg (27.13%), Copper: 0.46mg (22.88%), Vitamin E: 3.37mg (22.49%), Potassium: 738.13mg (21.09%), Fiber: 5.12g (20.5%), Vitamin B6: 0.4mg (19.82%), Iron: 3.38mg (18.79%), Vitamin K: 16.92µg (16.12%), Vitamin B3: 2.96mg (14.78%), Magnesium: 51.67mg (12.92%), Vitamin B1: 0.19mg (12.78%), Vitamin A: 534.84IU (10.7%), Calcium: 95.46mg (9.55%), Folate: 35.43µg (8.86%), Phosphorus: 86.28mg (8.63%), Vitamin B2: 0.14mg (8.04%), Vitamin B5: 0.7mg (6.98%), Zinc: 0.7mg (4.7%), Selenium: 1.69µg (2.42%)