



Karen's Creamy Tomato Pasta

READY IN



40 min.

SERVINGS



4

CALORIES



652 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 28 ounce canned tomatoes crushed canned
- 8 ounce farfalle pasta uncooked (bow tie)
- 0.5 pound mushrooms fresh sliced
- 0.5 cup half-and-half
- 0.5 pound sausage sweet italian
- 0.5 cup parmesan cheese grated
- 0.1 teaspoon pepper flakes red crushed
- 6 ounce roasted peppers red drained chopped
- 0.5 cup vodka

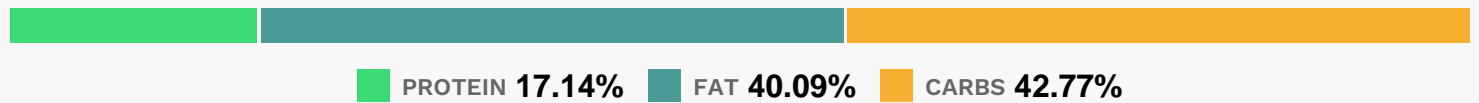
Equipment

- frying pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Place farfalle pasta in the pot, cook for 8 to 10 minutes, until al dente, and drain.
- In a skillet over medium heat, cook the sausage until evenly brown.
- Mix in the roasted red peppers, mushrooms, and vodka, and bring to a boil. Cook and stir 5 minutes, until most of the vodka has evaporated and mushrooms are tender.
- Mix the tomatoes, half-and-half, and red pepper into the skillet. Cover, reduce heat to low, and cook, stirring frequently, 15 minutes.
- Serve over the cooked pasta, and top with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:21.6, Inflammation Score:-8, Nutrition Score:29.193913122882%

Nutrients (% of daily need)

Calories: 651.89kcal (32.59%), Fat: 26.48g (40.74%), Saturated Fat: 10.74g (67.12%), Carbohydrates: 63.56g (21.19%), Net Carbohydrates: 56.88g (20.68%), Sugar: 12.63g (14.03%), Cholesterol: 64.55mg (21.52%), Sodium: 1503.34mg (65.36%), Alcohol: 10.02g (100%), Alcohol %: 2.62% (100%), Protein: 25.48g (50.95%), Selenium: 61.84µg (88.35%), Manganese: 1.02mg (51.13%), Vitamin C: 40.63mg (49.25%), Phosphorus: 418.12mg (41.81%), Copper: 0.82mg (40.97%), Vitamin B1: 0.59mg (39.51%), Vitamin B3: 7.56mg (37.81%), Vitamin B6: 0.71mg (35.47%), Vitamin B2: 0.58mg (33.98%), Potassium: 1158.17mg (33.09%), Fiber: 6.68g (26.74%), Iron: 4.69mg (26.08%), Calcium: 251.79mg (25.18%), Magnesium: 94.95mg (23.74%), Zinc: 3.38mg (22.56%), Vitamin B5: 2.08mg (20.79%), Vitamin E: 2.71mg (18.08%), Vitamin A: 881.53IU (17.63%), Folate: 58.66µg (14.66%), Vitamin B12: 0.76µg (12.75%), Vitamin K: 11.25µg (10.71%), Vitamin D: 0.18µg (1.17%)