



Pasta in Vodka Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



617 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 28 ounce canned tomatoes crushed canned
- 0.3 teaspoon cayenne pepper
- 2 stalks celery chopped
- 1 tablespoon basil dried
- 2 tablespoons parsley fresh chopped
- 3 cloves garlic minced
- 1 cup half-and-half cream
- 0.3 cup olive oil
- 1 onion chopped

- 0.3 teaspoon oregano dried
- 1 pound penne pasta
- 0.3 pound pancetta thinly sliced
- 0.8 cup vodka

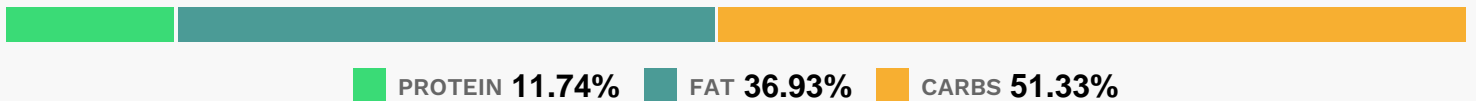
Equipment

- frying pan

Directions

- In a large skillet, heat oil over medium heat. Cook onion, celery, and garlic in oil; stir until soft.
- Add prosciutto and vodka. Simmer until almost all liquid is gone.
- Add tomatoes, cayenne, and herbs. Simmer for 10 minutes.
- Stir in half and half, and heat for 3 minutes.
- Meanwhile, cook pasta in boiling salted water until done.
- Drain.
- Serve sauce over noodles.

Nutrition Facts



Properties

Glycemic Index:42.17, Glycemic Load:26, Inflammation Score:-8, Nutrition Score:21.523043611775%

Flavonoids

Apigenin: 3.26mg, Apigenin: 3.26mg, Apigenin: 3.26mg, Apigenin: 3.26mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 617.27kcal (30.86%), Fat: 22.76g (35.01%), Saturated Fat: 6.89g (43.05%), Carbohydrates: 71.18g (23.73%), Net Carbohydrates: 65.34g (23.76%), Sugar: 10.51g (11.68%), Cholesterol: 26.59mg (8.86%), Sodium: 342.32mg

(14.88%), Alcohol: 10.02g (100%), Alcohol %: 3.72% (100%), Protein: 16.27g (32.55%), Selenium: 54.05µg (77.22%), Manganese: 1.07mg (53.68%), Vitamin K: 50.92µg (48.49%), Phosphorus: 266.03mg (26.6%), Copper: 0.51mg (25.41%), Fiber: 5.84g (23.37%), Vitamin E: 3.38mg (22.52%), Vitamin B6: 0.44mg (21.99%), Potassium: 742.37mg (21.21%), Magnesium: 82.26mg (20.57%), Iron: 3.66mg (20.35%), Vitamin C: 16.62mg (20.14%), Vitamin B3: 3.84mg (19.21%), Vitamin B1: 0.25mg (16.62%), Vitamin B2: 0.23mg (13.8%), Calcium: 135.54mg (13.55%), Vitamin A: 647.95IU (12.96%), Zinc: 1.94mg (12.9%), Folate: 44.72µg (11.18%), Vitamin B5: 0.99mg (9.91%), Vitamin B12: 0.17µg (2.85%)