



Pasta with Tequila-Tomato-Lime Sauce

READY IN



35 min.

SERVINGS



2

CALORIES



427 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 14.4 ounce canned tomatoes diced undrained canned
- ☐ 8 ounce bottled clam juice
- ☐ 1 pinch pepper red crushed
- ☐ 0.3 pound elbow macaroni dried
- ☐ 2 cloves garlic thinly sliced
- ☐ 0.5 tablespoon pickled jalapeño pepper chopped
- ☐ 1 juice of lime juiced
- ☐ 0.5 onion chopped

- ☐ 1.5 tablespoons tequila
- ☐ 0.3 cup water

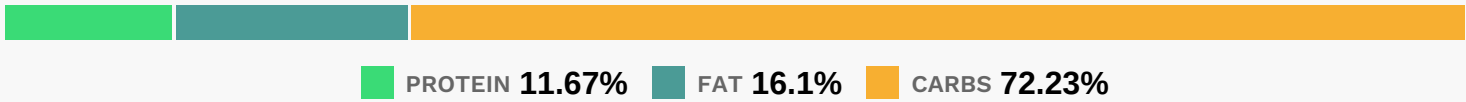
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium heat. Stir in onion, garlic, and jalapeno; cook until onion is soft and translucent. Stir in tomatoes, tequila, water, clam juice, and red pepper. Bring to a boil, then add macaroni. Cover, and simmer, stirring frequently, until pasta is tender, about 10 minutes.
- ☐ Remove from heat, and stir in lime juice.

Nutrition Facts



Properties

Glycemic Index:96, Glycemic Load:5.07, Inflammation Score:-8, Nutrition Score:20.140000156734%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg

Nutrients (% of daily need)

Calories: 426.73kcal (21.34%), Fat: 7.41g (11.39%), Saturated Fat: 3.86g (24.11%), Carbohydrates: 74.73g (24.91%), Net Carbohydrates: 67.87g (24.68%), Sugar: 15.86g (17.62%), Cholesterol: 15.05mg (5.02%), Sodium: 732.78mg (31.86%), Alcohol: 3.76g (100%), Alcohol %: 1.01% (100%), Protein: 12.08g (24.16%), Selenium: 38.19µg (54.55%), Manganese: 1.02mg (51.23%), Vitamin C: 36.37mg (44.08%), Copper: 0.6mg (30.17%), Fiber: 6.86g (27.44%), Vitamin B6: 0.55mg (27.44%), Potassium: 907.33mg (25.92%), Vitamin E: 3.1mg (20.63%), Iron: 3.71mg (20.59%), Magnesium: 82.32mg (20.58%), Phosphorus: 202.87mg (20.29%), Vitamin B3: 3.85mg (19.26%), Vitamin A: 846.31IU (16.93%), Vitamin B1: 0.25mg (16.87%), Folate: 53.86µg (13.47%), Vitamin K: 12.36µg (11.77%), Calcium: 107.42mg (10.74%), Zinc: 1.56mg (10.37%), Vitamin B2: 0.17mg (10.16%), Vitamin B5: 1mg (9.96%)