



Pasta with Vodka Cream Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



404 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 14.5 ounce canned tomatoes diced undrained canned
- 0.3 teaspoon pepper red crushed
- 0.3 cup fat-skimmed beef broth fat-free
- 3 tablespoons basil fresh thinly sliced
- 1 garlic clove minced
- 1 tablespoon olive oil
- 0.5 cup onion finely chopped
- 0.5 pound penne pasta uncooked

- 1 teaspoon salt divided
- 0.5 cup vodka
- 0.3 cup whipping cream

Equipment

- frying pan
- blender

Directions

- Cook the pasta according to the package directions, omitting salt and fat.
- Drain and keep warm.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion to pan; saut 4 minutes or until tender.
- Add 1/4 teaspoon salt, pepper, and garlic; saut 1 minute.
- Add vodka; bring to a boil. Reduce heat, and simmer 3 minutes or until liquid is reduced by about half. Stir in 1/2 teaspoon salt, broth, and tomatoes; bring to a boil. Reduce heat, and simmer 8 minutes.
- Place tomato mixture in a blender.
- Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- Place a clean towel over opening in blender lid (to avoid splatters). Process until smooth. Return tomato mixture to pan; stir in cream. Cook 2 minutes over medium heat, stirring constantly.
- Remove from heat. Stir in cooked pasta, remaining 1/4 teaspoon salt, and basil.
- Serve immediately.

Nutrition Facts

 **PROTEIN 11.64%**  **FAT 26.68%**  **CARBS 61.68%**

Properties

Glycemic Index:55.5, Glycemic Load:19.62, Inflammation Score:-7, Nutrition Score:13.473043441772%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 404.44kcal (20.22%), Fat: 10.09g (15.52%), Saturated Fat: 4.12g (25.72%), Carbohydrates: 52.49g (17.5%), Net Carbohydrates: 48.3g (17.56%), Sugar: 7.36g (8.18%), Cholesterol: 16.81mg (5.6%), Sodium: 785.88mg (34.17%), Alcohol: 10.02g (100%), Alcohol %: 5.16% (100%), Protein: 9.91g (19.82%), Selenium: 37.45µg (53.5%), Manganese: 0.77mg (38.44%), Copper: 0.38mg (18.84%), Fiber: 4.19g (16.76%), Phosphorus: 159.9mg (15.99%), Vitamin B6: 0.28mg (14%), Vitamin C: 11.53mg (13.97%), Potassium: 485.46mg (13.87%), Vitamin K: 14.54µg (13.84%), Magnesium: 55.14mg (13.78%), Vitamin E: 2.05mg (13.68%), Iron: 2.26mg (12.55%), Vitamin B3: 2.36mg (11.82%), Vitamin A: 556.27IU (11.13%), Vitamin B1: 0.15mg (9.67%), Zinc: 1.18mg (7.85%), Vitamin B2: 0.13mg (7.59%), Folate: 29.18µg (7.29%), Calcium: 66.65mg (6.67%), Vitamin B5: 0.62mg (6.18%), Vitamin D: 0.24µg (1.59%)