



Penne a la Vodka II

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



637 kcal

BEVERAGE

DRINK

Ingredients

- 28 ounce canned tomatoes whole peeled canned
- 0.5 cup basil fresh chopped
- 2 cloves garlic minced
- 1 pint heavy cream
- 2 tablespoons olive oil
- 1 pound penne pasta
- 6 servings salt and pepper to taste
- 0.3 cup vodka

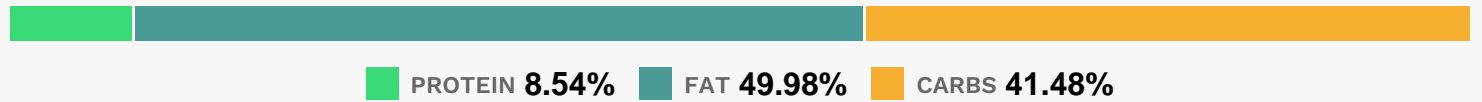
Equipment

- frying pan
- pot

Directions

- In a large skillet over medium heat, cook garlic in olive oil until tender, 1 to 2 minutes. Stir in tomatoes, breaking up a bit with fork. Stir in basil, salt and pepper and simmer 15 minutes. Stir in vodka and cook 15 minutes more.
- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Stir cream into sauce and cook 10 minutes more. Toss with hot pasta.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:22.8, Inflammation Score:-8, Nutrition Score:16.777826039687%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 637.4kcal (31.87%), Fat: 34.47g (53.03%), Saturated Fat: 19.02g (118.86%), Carbohydrates: 64.37g (21.46%), Net Carbohydrates: 60.57g (22.03%), Sugar: 7.49g (8.32%), Cholesterol: 89.11mg (29.7%), Sodium: 409.25mg (17.79%), Alcohol: 3.34g (100%), Alcohol %: 1.39% (100%), Protein: 13.26g (26.51%), Selenium: 50.43µg (72.04%), Manganese: 0.84mg (41.8%), Vitamin A: 1419.66IU (28.39%), Phosphorus: 216.91mg (21.69%), Vitamin K: 17.56µg (16.73%), Copper: 0.33mg (16.51%), Vitamin C: 13.45mg (16.3%), Vitamin E: 2.4mg (15.98%), Vitamin B2: 0.27mg (15.86%), Magnesium: 61.68mg (15.42%), Fiber: 3.8g (15.18%), Vitamin B6: 0.3mg (14.87%), Potassium: 502.32mg (14.35%), Iron: 2.45mg (13.63%), Vitamin B3: 2.3mg (11.51%), Calcium: 114.45mg (11.45%), Zinc: 1.47mg (9.79%), Vitamin B1: 0.15mg (9.77%), Vitamin D: 1.26µg (8.41%), Folate: 28.74µg (7.18%), Vitamin B5: 0.69mg (6.93%), Vitamin B12: 0.13µg (2.1%)