

Penne a la Vodka III

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



645 kcal

BEVERAGE

DRINK

Ingredients

- 28 ounce canned tomatoes crushed canned
- 4 servings pepper red crushed to taste
- 3 cloves garlic minced
- 0.7 cup heavy cream
- 16 ounce penne pasta dry
- 2 tablespoons vodka

Equipment

- frying pan

pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add penne pasta and cook for 8 to 10 minutes or until al dente; drain.
- In a skillet, saute garlic in a little olive oil.
- Pour in tomatoes and cook for about 20 minutes. Stir in the vodka.
- Add cream and red pepper flakes. Cook for another 10 minutes.
- Serve over the cooked penne.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:38.31, Inflammation Score:-9, Nutrition Score:25.491304356119%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 645.39kcal (32.27%), Fat: 16.88g (25.98%), Saturated Fat: 9.57g (59.8%), Carbohydrates: 102.01g (34%), Net Carbohydrates: 93.86g (34.13%), Sugar: 13.08g (14.54%), Cholesterol: 44.82mg (14.94%), Sodium: 312.72mg (13.6%), Alcohol: 2.51g (100%), Alcohol %: 0.87% (100%), Protein: 19.58g (39.16%), Selenium: 74.78µg (106.82%), Manganese: 1.48mg (73.75%), Copper: 0.72mg (36.14%), Fiber: 8.14g (32.57%), Vitamin A: 1602.96IU (32.06%), Phosphorus: 310.65mg (31.06%), Vitamin B6: 0.54mg (27.12%), Magnesium: 106.11mg (26.53%), Potassium: 920.11mg (26.29%), Vitamin E: 3.73mg (24.9%), Iron: 4.48mg (24.88%), Vitamin C: 19.21mg (23.29%), Vitamin B3: 4.63mg (23.13%), Vitamin B1: 0.27mg (17.91%), Vitamin B2: 0.27mg (15.74%), Zinc: 2.34mg (15.61%), Vitamin K: 14.05µg (13.38%), Calcium: 128.14mg (12.81%), Folate: 48.42µg (12.11%), Vitamin B5: 1.17mg (11.73%), Vitamin D: 0.63µg (4.23%), Vitamin B12: 0.06µg (1.06%)