

Penne Alla Betsy

READY IN



50 min.

SERVINGS



6

CALORIES



658 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 servings pepper black freshly ground
- 2 tablespoons butter
- 29 ounce tomato sauce canned
- 6 servings top french for serving
- 6 leaves basil fresh cut in chiffonade
- 0.3 cup flat-leaf parsley fresh chopped
- 2 cloves garlic finely chopped
- 1 cup heavy cream
- 6 servings milk for thinning

- 2 tablespoons olive oil
- 1 small onion finely chopped
- 12 ounces penne pasta
- 6 servings salt
- 8 ounces shrimp
- 0.5 cup white wine

Equipment

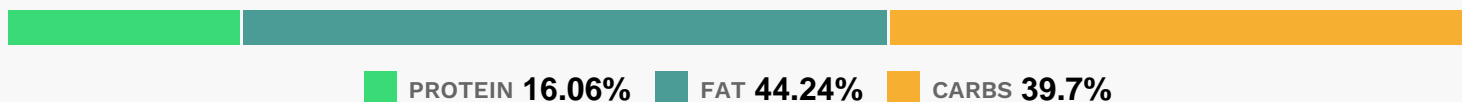
- bowl
- frying pan
- pot

Directions

- Watch how to make this recipe.
- Bring a pot of lightly salted water to a boil. Cook the penne until al dente (firm yet tender).
- Drain and set aside.
- Begin by peeling and deveining the shrimp and rinsing them under cold water.
- In a large skillet over medium-high heat, add 1 tablespoon of the butter and 1 tablespoon of the olive oil. When the pan is hot, add the shrimp. Stir and cook on both sides until just starting to turn opaque, about 2 minutes.
- Remove to a plate and allow to cool slightly.
- In a large skillet over medium heat, add the remaining 1 tablespoon butter and 1 tablespoon olive oil.
- Add the garlic and onion. Stir to combine and cook, stirring occasionally, until the onion is translucent, about 3 minutes.
- Pour the wine into the pan if using. Stir and allow it to evaporate, about 45 seconds.
- Pour in the tomato sauce and stir to combine. Reduce the heat to low.
- Pour in the cream. Mmmm. Stir well to combine; reduce the heat to simmer.
- And now for the fun part: remove the tails from the shrimp, chop the shrimp into medium-size pieces and add them to the sauce. Stir gently to combine.

- Next, dump in the parsley and basil and stir.
- Add the cooked, drained pasta. Stir gently to coat. If the sauce is too thick, splash in a little milk to get it to the right consistency.
- Add salt and freshly ground black pepper. Be sure to taste the seasonings at the end, adjusting if necessary.
- Serve directly out of the skillet, or pour the contents of the skillet into a pretty serving bowl.
- Serve with crusty French bread – and more wine.

Nutrition Facts



Properties

Glycemic Index:76.92, Glycemic Load:24.55, Inflammation Score:-9, Nutrition Score:26.253913257433%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 657.89kcal (32.89%), Fat: 32.11g (49.39%), Saturated Fat: 16.97g (106.07%), Carbohydrates: 64.83g (21.61%), Net Carbohydrates: 60.61g (22.04%), Sugar: 20.06g (22.28%), Cholesterol: 144.99mg (48.33%), Sodium: 1034.29mg (44.97%), Alcohol: 2.06g (100%), Alcohol %: 0.46% (100%), Protein: 26.22g (52.44%), Selenium: 43.04µg (61.49%), Phosphorus: 507.07mg (50.71%), Vitamin K: 52.42µg (49.92%), Calcium: 394.46mg (39.45%), Manganese: 0.77mg (38.63%), Vitamin A: 1926.15IU (38.52%), Vitamin B2: 0.55mg (32.38%), Potassium: 1091.14mg (31.18%), Magnesium: 101.47mg (25.37%), Copper: 0.49mg (24.65%), Vitamin B12: 1.39µg (23.15%), Vitamin E: 3.33mg (22.21%), Vitamin D: 3.32µg (22.12%), Vitamin B6: 0.42mg (20.92%), Zinc: 2.81mg (18.7%), Vitamin C: 14.42mg (17.48%), Vitamin B5: 1.73mg (17.29%), Fiber: 4.23g (16.91%), Vitamin B1: 0.25mg (16.44%), Iron: 2.63mg (14.63%), Vitamin B3: 2.73mg (13.67%), Folate: 32.1µg (8.02%)