



## Penne alla Vodka

READY IN



25 min.

SERVINGS



6

CALORIES



743 kcal

BEVERAGE

DRINK

## Ingredients

- 6 servings pepper black freshly ground
- 3 tablespoons butter
- 14 ounce tomato sauce canned
- 3 cloves garlic minced
- 1 cup heavy cream
- 2 tablespoons olive oil
- 1 medium onion whole chopped finely
- 6 servings parmesan grated for serving
- 1 pound penne pasta

- 1 pinch pepper flakes red generous plus more if needed
- 0.3 teaspoon salt
- 1 cup vodka

## Equipment

- frying pan
- sauce pan
- stove

## Directions

- Cook the pasta according to package directions.
- Saute the garlic and onions in 2 tablespoons butter and the olive oil in a saucepan over medium heat until soft.
- Pour in the vodka, being careful if your stove has an open flame (remove the pan from the heat before adding). Cook and reduce for 2 to 3 minutes, then pour in the tomato puree. Stir the mixture until it's thoroughly combined, then reduce the heat to low.
- Pour in the heavy cream. Stir to combine, then turn heat to the lowest simmer possible.
- Sprinkle in the red pepper flakes and add salt and pepper to taste. Finally, stir in the remaining 1 tablespoon butter.
- Pour the drained pasta into the sauce and toss to combine.
- Sprinkle on the Parmesan, then sprinkle on more red pepper flakes if desired.

## Nutrition Facts



**PROTEIN 14.01%** **FAT 46.57%** **CARBS 39.42%**

## Properties

Glycemic Index:44.67, Glycemic Load:24.62, Inflammation Score:-8, Nutrition Score:18.371739097264%

## 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: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

## Nutrients (% of daily need)

Calories: 742.52kcal (37.13%), Fat: 33.78g (51.98%), Saturated Fat: 18.54g (115.85%), Carbohydrates: 64.34g (21.45%), Net Carbohydrates: 60.55g (22.02%), Sugar: 6.57g (7.3%), Cholesterol: 80.27mg (26.76%), Sodium: 953.07mg (41.44%), Alcohol: 13.36g (100%), Alcohol %: 5.98% (100%), Protein: 22.87g (45.75%), Selenium: 56.5µg (80.71%), Manganese: 0.83mg (41.62%), Calcium: 415.73mg (41.57%), Phosphorus: 403.45mg (40.34%), Vitamin A: 1284.75IU (25.69%), Magnesium: 68.51mg (17.13%), Copper: 0.33mg (16.29%), Vitamin B2: 0.27mg (16.16%), Vitamin E: 2.31mg (15.42%), Fiber: 3.79g (15.14%), Zinc: 2.19mg (14.59%), Potassium: 466.91mg (13.34%), Vitamin B6: 0.25mg (12.74%), Iron: 2.01mg (11.18%), Vitamin B3: 2.09mg (10.43%), Vitamin C: 6.69mg (8.11%), Vitamin B5: 0.81mg (8.08%), Vitamin B1: 0.12mg (7.83%), Vitamin B12: 0.44µg (7.26%), Vitamin K: 7.29µg (6.94%), Folate: 27.01µg (6.75%), Vitamin D: 0.78µg (5.23%)