



Penne in Vodka Cream

READY IN



30 min.

SERVINGS



6

CALORIES



657 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 cup heavy cream
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 pound penne pasta
- ☐ 0.5 teaspoon pepper flakes dried red
- ☐ 6 servings salt and pepper to taste
- ☐ 6 ounce tomato paste canned
- ☐ 8 ounces tomato sauce
- ☐ 0.8 cup vodka

☐ 0.3 teaspoon worcestershire sauce

Equipment

☐ sauce pan

☐ pot

Directions

- ☐ 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 and reserve.
- ☐ In a large saucepan melt butter over medium low heat; add vodka, red pepper flakes and Worcestershire sauce. Stir well and simmer for 5 minutes.
- ☐ Blend in tomato sauce, tomato paste and cream; increase heat to bring to a boil. Simmer for 5 minutes or until sauce has slightly thickened; season with salt and pepper to taste.
- ☐ Reduce heat to very low and stir in cheese; add cooked pasta and more cheese, if desired.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:23.93, Inflammation Score:-8, Nutrition Score:14.399565168049%

Nutrients (% of daily need)

Calories: 656.62kcal (32.83%), Fat: 32.19g (49.52%), Saturated Fat: 19.73g (123.33%), Carbohydrates: 62.31g (20.77%), Net Carbohydrates: 58.73g (21.35%), Sugar: 5.82g (6.47%), Cholesterol: 89.12mg (29.71%), Sodium: 626.46mg (27.24%), Alcohol: 10.02g (100%), Alcohol %: 5.39% (100%), Protein: 13.32g (26.64%), Selenium: 51.05µg (72.93%), Manganese: 0.79mg (39.64%), Vitamin A: 1366.11IU (27.32%), Phosphorus: 218.27mg (21.83%), Copper: 0.33mg (16.26%), Fiber: 3.58g (14.33%), Magnesium: 56.31mg (14.08%), Vitamin E: 1.87mg (12.47%), Potassium: 419.39mg (11.98%), Vitamin B2: 0.18mg (10.83%), Vitamin B6: 0.21mg (10.41%), Vitamin B3: 2.06mg (10.32%), Zinc: 1.53mg (10.18%), Iron: 1.82mg (10.13%), Calcium: 99.3mg (9.93%), Vitamin B1: 0.11mg (7.36%), Vitamin C: 5.53mg (6.7%), Vitamin B5: 0.66mg (6.58%), Folate: 23.17µg (5.79%), Vitamin K: 5.48µg (5.22%), Vitamin D: 0.66µg (4.37%), Vitamin B12: 0.15µg (2.53%)