



Penne Russo a la Vodka

READY IN



35 min.

SERVINGS



4

CALORIES



900 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 32 ounce tomatoes whole peeled canned
- ☐ 0.5 cup basil leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 cup heavy cream
- ☐ 1 teaspoon olive oil
- ☐ 1 cup parmesan cheese
- ☐ 16 ounce penne pasta dry
- ☐ 0.1 pound pancetta chopped
- ☐ 0.5 teaspoon pepper flakes red

- ☐ 4 servings salt to taste
- ☐ 0.5 cup vodka

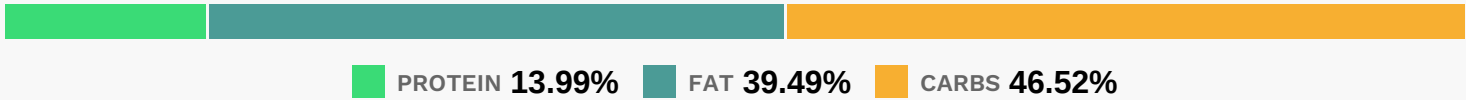
Equipment

- ☐ frying pan
- ☐ pot
- ☐ wok

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.
- ☐ Heat oil in a large skillet or wok over medium heat.
- ☐ Saute garlic, prosciutto and red pepper flakes for 1 minute. Stir in tomatoes, and cook for 3 minutes. Stir in vodka and cream. Simmer 15 minutes, or until thickened. Stir in Parmesan and chopped basil. Toss with pasta until evenly coated.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:34.42, Inflammation Score:-9, Nutrition Score:27.162608561308%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 900.44kcal (45.02%), Fat: 36.63g (56.36%), Saturated Fat: 20.17g (126.09%), Carbohydrates: 97.12g (32.37%), Net Carbohydrates: 91.06g (33.11%), Sugar: 10.4g (11.56%), Cholesterol: 93.59mg (31.2%), Sodium: 1040.11mg (45.22%), Alcohol: 10.02g (100%), Alcohol %: 2.67% (100%), Protein: 29.2g (58.39%), Selenium: 82.43µg (117.75%), Manganese: 1.29mg (64.3%), Phosphorus: 492.06mg (49.21%), Calcium: 439.08mg (43.91%), Vitamin A: 1573.01IU (31.46%), Vitamin C: 22.46mg (27.22%), Copper: 0.53mg (26.32%), Magnesium: 104.59mg (26.15%),

Vitamin B6: 0.52mg (26.13%), Fiber: 6.06g (24.25%), Vitamin B2: 0.41mg (23.97%), Iron: 4.17mg (23.17%), Potassium: 806.94mg (23.06%), Vitamin B3: 4.29mg (21.43%), Vitamin K: 22.36µg (21.3%), Zinc: 2.97mg (19.78%), Vitamin B1: 0.27mg (18.07%), Vitamin E: 2.59mg (17.3%), Folate: 44.84µg (11.21%), Vitamin B5: 1.12mg (11.17%), Vitamin B12: 0.47µg (7.77%), Vitamin D: 1.13µg (7.56%)