



Penne with Grilled Chicken and Vodka Sauce

READY IN



40 min.

SERVINGS



6

CALORIES



714 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 26 ounce canned tomatoes diced low-sodium canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup half-and-half
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion diced finely
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 8 ounce no-salt-added tomato sauce canned

- ☐ 0.5 cup vodka
- ☐ 4 cups penne pasta whole wheat cooked
- ☐ 12 ounce grilled boneless skinless

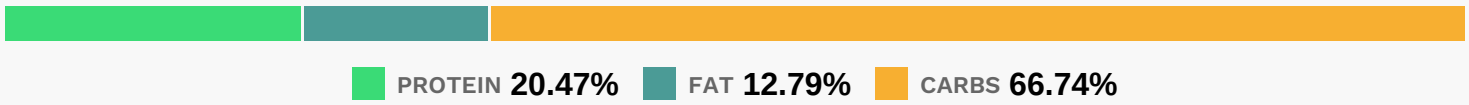
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add onion and cook until soft and translucent, 6-7 minutes.
- ☐ Add garlic and cook 1 minute.
- ☐ Add tomatoes with juice, tomato sauce, vodka, and crushed red pepper, then bring to a boil.
- ☐ Reduce heat and cook, stirring occasionally, until sauce reduces slightly, about 10 minutes.
- ☐ Add half-and-half, and cook until sauce reduces, 5 minutes. Stir in salt and pepper.
- ☐ Place 2/3 cup pasta in a bowl and top with 1/2 cup vodka sauce.
- ☐ Arrange 2 ounces grilled chicken on top of pasta and garnish with chopped basil.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:1.31, Inflammation Score:-6, Nutrition Score:14.120869444764%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg

Nutrients (% of daily need)

Calories: 714.19kcal (35.71%), Fat: 9.23g (14.2%), Saturated Fat: 1.72g (10.76%), Carbohydrates: 108.39g (36.13%), Net Carbohydrates: 94.71g (34.44%), Sugar: 9.15g (10.16%), Cholesterol: 39.82mg (13.27%), Sodium: 429.66mg (18.68%), Alcohol: 6.68g (100%), Alcohol %: 1.94% (100%), Protein: 33.25g (66.49%), Fiber: 13.69g (54.75%), Vitamin B3: 7.23mg (36.14%), Vitamin B6: 0.65mg (32.53%), Selenium: 19.11µg (27.31%), Vitamin C: 17.25mg (20.91%), Potassium: 614.18mg (17.55%), Phosphorus: 173.21mg (17.32%), Vitamin E: 1.89mg (12.62%), Vitamin B5: 1.14mg (11.41%), Manganese: 0.21mg (10.72%), Iron: 1.9mg (10.56%), Vitamin B2: 0.18mg (10.56%), Magnesium: 38.54mg (9.64%), Vitamin K: 9.39µg (8.94%), Vitamin A: 421.06IU (8.42%), Copper: 0.16mg (8.22%), Vitamin B1: 0.12mg (7.96%), Calcium: 66.79mg (6.68%), Folate: 21.39µg (5.35%), Zinc: 0.69mg (4.6%), Vitamin B12: 0.13µg (2.21%)