



## Penne With Vodka

READY IN



45 min.

SERVINGS



6

CALORIES



668 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons butter
- 14.5 oz canned tomatoes crushed canned
- 1 tablespoon basil fresh chopped
- 1 tablespoon parsley fresh chopped
- 3 garlic cloves minced
- 2 tablespoons olive oil
- 1 medium onion diced
- 0.8 cup parmesan cheese freshly grated
- 6 servings cracked pepper black to taste

- 0.5 teaspoon pepper dried red crushed
- 0.5 teaspoon salt
- 1 cup vodka
- 1 cup whipping cream
- 1 pound ziti pasta uncooked

## Equipment

- dutch oven

## Directions

- Prepare pasta according to package directions.
- Drain and set aside.
- Melt butter with oil in a Dutch oven over medium-high heat; add onion and garlic, and saut 5 minutes.
- Add red pepper.
- Remove from heat; stir in vodka. Return to heat; simmer 5 minutes.
- Stir in tomatoes, parsley, and basil; simmer 5 minutes.
- Stir in cream and salt; simmer, stirring occasionally, 5 minutes. Stir in pasta; cook 2 more minutes.
- Sprinkle with cheese and pepper, and toss.
- Serve immediately.
- \*Chicken broth may be substituted.

## Nutrition Facts



**PROTEIN 11.18%** **FAT 42.9%** **CARBS 45.92%**

## Properties

Glycemic Index:47.67, Glycemic Load:24.64, Inflammation Score:-8, Nutrition Score:17.303478334261%

## Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

## **Nutrients (% of daily need)**

Calories: 667.7kcal (33.38%), Fat: 27.64g (42.52%), Saturated Fat: 12.74g (79.6%), Carbohydrates: 66.57g (22.19%), Net Carbohydrates: 62.39g (22.69%), Sugar: 7.01g (7.79%), Cholesterol: 55.7mg (18.57%), Sodium: 566.85mg (24.65%), Alcohol: 13.36g (100%), Alcohol %: 6.34% (100%), Protein: 16.21g (32.42%), Selenium: 54.1µg (77.29%), Manganese: 0.9mg (44.97%), Phosphorus: 278.98mg (27.9%), Vitamin A: 1129.66IU (22.59%), Vitamin K: 20.75µg (19.76%), Copper: 0.37mg (18.71%), Calcium: 186.85mg (18.69%), Fiber: 4.17g (16.7%), Magnesium: 64.24mg (16.06%), Vitamin E: 2.26mg (15.08%), Vitamin B6: 0.28mg (14%), Potassium: 474.49mg (13.56%), Zinc: 1.95mg (13.03%), Vitamin B2: 0.21mg (12.5%), Iron: 2.16mg (11.98%), Vitamin C: 9.32mg (11.3%), Vitamin B3: 2.22mg (11.11%), Vitamin B1: 0.15mg (9.72%), Folate: 29.73µg (7.43%), Vitamin B5: 0.7mg (7%), Vitamin D: 0.7µg (4.65%), Vitamin B12: 0.24µg (3.95%)