



Penne With Vodka Sauce

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

640 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 Handful basil leaves fresh plus more for topping
- ☐ 28 ounce canned tomatoes whole canned
- ☐ 1 clove garlic minced
- ☐ 0.7 cup heavy cream
- ☐ 4 servings kosher salt
- ☐ 0.5 cup parmesan cheese freshly grated plus more for topping
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 2 shallots minced
- ☐ 1 tablespoon butter unsalted

- ☐ 0.5 cup vodka
- ☐ 12 ounces penne pasta whole-wheat

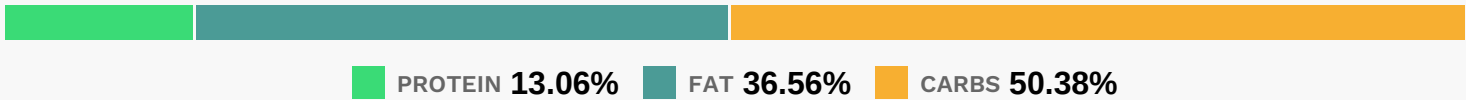
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the penne and cook as the label directs. Reserve 1/2 cup cooking water, then drain the pasta. Empty the tomatoes into a bowl and crush with your hands.
- ☐ Meanwhile, melt the butter in a large skillet over medium heat.
- ☐ Add the shallots and cook, stirring occasionally, until slightly softened, about 3 minutes.
- ☐ Add the garlic and red pepper flakes and cook, stirring, 30 seconds.
- ☐ Remove from the heat and stir in the vodka, tomatoes and salt to taste. Return the skillet to medium heat and simmer, stirring often, until the alcohol cooks off, about 7 minutes. Stir in the heavy cream and cook until the sauce thickens slightly, about 3 minutes. Stir in the parmesan and basil.
- ☐ Add the pasta to the sauce and toss to combine, adding some of the reserved cooking water to loosen, if needed. Season with salt.
- ☐ Serve topped with more parmesan and basil.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:4.65, Inflammation Score:-8, Nutrition Score:15.343043379162%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 640.04kcal (32%), Fat: 23.38g (35.97%), Saturated Fat: 13.11g (81.96%), Carbohydrates: 72.47g (24.16%), Net Carbohydrates: 62.11g (22.58%), Sugar: 12.69g (14.1%), Cholesterol: 63.22mg (21.07%), Sodium: 689.58mg (29.98%), Alcohol: 10.02g (100%), Alcohol %: 3.31% (100%), Protein: 18.79g (37.59%), Fiber: 10.36g (41.44%), Vitamin A: 1269.36IU (25.39%), Vitamin C: 19.82mg (24.02%), Manganese: 0.43mg (21.59%), Calcium: 212.39mg (21.24%), Vitamin E: 3.05mg (20.32%), Potassium: 691.98mg (19.77%), Copper: 0.39mg (19.63%), Vitamin B6: 0.38mg (18.88%), Phosphorus: 177.4mg (17.74%), Iron: 2.88mg (16.01%), Vitamin K: 14.56µg (13.87%), Vitamin B2: 0.23mg (13.47%), Magnesium: 50.23mg (12.56%), Vitamin B3: 2.51mg (12.55%), Vitamin B1: 0.17mg (11.42%), Selenium: 7.07µg (10.11%), Zinc: 1.24mg (8.29%), Folate: 32.89µg (8.22%), Vitamin B5: 0.74mg (7.4%), Vitamin D: 0.75µg (5%), Vitamin B12: 0.24µg (3.97%)