



Vodka Pasta a la Guido

READY IN



30 min.

SERVINGS



8

CALORIES



905 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup butter
- 56 ounce tomatoes whole peeled drained canned
- 2 cups heavy cream
- 1 cup parmesan cheese grated
- 32 ounce penne pasta
- 2 teaspoons pepper flakes red crushed
- 1.3 cups vodka

Equipment

frying 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.

Melt butter in large skillet over medium heat. stir in vodka and red pepper flakes; heat for 2 minutes. Increase heat to high, and add drained tomatoes; cook, stirring to break up tomatoes for 5 minutes. Stir in heavy cream, reduce heat to medium high, and cook, stirring for 5 minutes, or until sauce thickens. Stir in grated Parmesan cheese until blended. Toss with cooked penne until evenly coated.

Nutrition Facts



PROTEIN 10.7% **FAT 42.35%** **CARBS 46.95%**

Properties

Glycemic Index:13.38, Glycemic Load:34.04, Inflammation Score:-9, Nutrition Score:23.360869656438%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 904.9kcal (45.25%), Fat: 38.53g (59.27%), Saturated Fat: 23.28g (145.48%), Carbohydrates: 96.11g (32.04%), Net Carbohydrates: 90.32g (32.84%), Sugar: 9.54g (10.6%), Cholesterol: 108.61mg (36.2%), Sodium: 625.22mg (27.18%), Alcohol: 13.36g (100%), Alcohol %: 3.86% (100%), Protein: 21.91g (43.83%), Selenium: 78.27µg (111.81%), Manganese: 1.21mg (60.62%), Phosphorus: 372.69mg (37.27%), Vitamin A: 1717.75IU (34.36%), Copper: 0.49mg (24.26%), Calcium: 240.16mg (24.02%), Fiber: 5.79g (23.15%), Magnesium: 91.5mg (22.87%), Vitamin C: 18.82mg (22.81%), Vitamin B6: 0.42mg (21.16%), Potassium: 719.04mg (20.54%), Vitamin B2: 0.34mg (20.26%), Iron: 3.61mg (20.05%), Vitamin E: 2.61mg (17.37%), Zinc: 2.6mg (17.3%), Vitamin B3: 3.45mg (17.26%), Vitamin B1: 0.21mg (14.04%), Folate: 39.98µg (10%), Vitamin B5: 0.94mg (9.35%), Vitamin K: 9.51µg (9.05%), Vitamin D: 1.01µg (6.76%), Vitamin B12: 0.29µg (4.8%)