

Vodka Sauce



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



852 kcal

SAUCE

Ingredients

- 16 ounce tomato sauce canned
- 28 ounce canned tomatoes with juice canned
- 2 tablespoons basil fresh chopped
- 2 tablespoons parsley fresh chopped
- 1 large clove garlic minced
- 1 cup heavy cream
- 2 tablespoons olive oil
- 0.8 pound pancetta chopped

- 1 teaspoon pepper flakes red crushed
- 4 servings salt and pepper to taste
- 1 cup vodka

Equipment

- bowl
- frying pan

Directions

- In a small bowl, combine vodka and red pepper flakes. Set aside for 1 hour.
- Heat olive oil in a large skillet over medium heat.
- Saute prosciutto, garlic, parsley, basil, salt and pepper until prosciutto is evenly brown.
- Pour in vodka mixture, and simmer 10 minutes. Crush tomatoes, and stir in with 2 cans of tomato sauce, and 1 (8 ounce) can water. Simmer 15 minutes. Stir in 1 cup heavy cream, and cook 2 minutes.

Nutrition Facts

PROTEIN 9.4% **FAT 77.56%** **CARBS 13.04%**

Properties

Glycemic Index:57.5, Glycemic Load:6.11, Inflammation Score:-9, Nutrition Score:25.012173859969%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 851.63kcal (42.58%), Fat: 63.23g (97.27%), Saturated Fat: 26.1g (163.13%), Carbohydrates: 23.92g (7.97%), Net Carbohydrates: 18.17g (6.61%), Sugar: 14.57g (16.19%), Cholesterol: 123.37mg (41.12%), Sodium: 1582.56mg (68.81%), Alcohol: 20.04g (100%), Alcohol %: 4.81% (100%), Protein: 17.24g (34.49%), Vitamin K: 57.3µg (54.57%), Vitamin A: 2193.34IU (43.87%), Vitamin E: 6.25mg (41.66%), Vitamin C: 29.63mg (35.91%), Vitamin B3: 7.11mg (35.53%), Vitamin B6: 0.68mg (33.95%), Potassium: 1170.66mg (33.45%), Selenium: 20.96µg (29.95%), Vitamin B1:

0.43mg (28.7%), Copper: 0.56mg (27.8%), Manganese: 0.53mg (26.53%), Phosphorus: 258.47mg (25.85%), Iron: 4.38mg (24.32%), Fiber: 5.74g (22.97%), Vitamin B2: 0.37mg (21.77%), Magnesium: 73.65mg (18.41%), Vitamin B5: 1.54mg (15.45%), Calcium: 134.6mg (13.46%), Zinc: 1.99mg (13.28%), Folate: 42.27µg (10.57%), Vitamin B12: 0.52µg (8.67%), Vitamin D: 1.29µg (8.61%)