

Penne Pasta with Vodka Sauce

Tess Visone

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

1/4 pound pancetta (Italian bacon),
diced

1/4 cup butter

1/3 cup vodka

1/2 cup Parmesan cheese, freshly
grated

1 pound penne pasta

1 1/2 cups heavy cream

1 1/2 cups tomato sauce

Cook the penne pasta according to directions.
Drain and set aside.

In a large frying pan, melt the butter. When the butter foams, add the diced pancetta. When the pancetta browns slightly (it will take 2 to 3 minutes), add the vodka and stir. After the alcohol burns off (1 to 2 minutes), stir in the tomato sauce and cream. Stir continuously for 5 to 8 minutes.

Place the drained pasta in the frying pan. Add the parmesan cheese. Mix thoroughly for about 2 minutes.

Per Serving (excluding unknown items): 3784 Calories; 198g Fat (49.0% calories from fat); 87g Protein; 377g Carbohydrate; 16g Dietary Fiber; 645mg Cholesterol; 3603mg Sodium. Exchanges: 22 Grain(Starch); 2 1/2 Lean Meat; 4 1/2 Vegetable; 1 Non-Fat Milk; 36 1/2 Fat.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	3784
% Calories from Fat:	49.0%
% Calories from Carbohydrates:	41.5%
% Calories from Protein:	9.6%
Total Fat (g):	198g
Saturated Fat (g):	119g
Monounsaturated Fat (g):	56g
Polyunsaturated Fat (g):	10g
Cholesterol (mg):	645mg
Carbohydrate (g):	377g

Vitamin B6 (mg):	1.1mg
Vitamin B12 (mcg):	1.3mcg
Thiamin B1 (mg):	4.9mg
Riboflavin B2 (mg):	2.6mg
Folacin (mcg):	134mcg
Niacin (mg):	38mg
Caffeine (mg):	0mg
Alcohol (kcal):	170
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 16g
 Protein (g): 87g
 Sodium (mg): 3603mg
 Potassium (mg): 2429mg
 Calcium (mg): 928mg
 Iron (mg): 21mg
 Zinc (mg): 8mg
 Vitamin C (mg): 24mg
 Vitamin A (i.u.): 10860IU
 Vitamin A (r.e.): 2376 1/2RE

Grain (Starch): 22
 Lean Meat: 2 1/2
 Vegetable: 4 1/2
 Fruit: 0
 Non-Fat Milk: 1
 Fat: 36 1/2
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 3784 **Calories from Fat:** 1852

% Daily Values*

Total Fat 198g 304%
 Saturated Fat 119g 597%
Cholesterol 645mg 215%
Sodium 3603mg 150%
Total Carbohydrates 377g 126%
 Dietary Fiber 16g 64%
Protein 87g

Vitamin A 217%
Vitamin C 40%
Calcium 93%
Iron 116%

* Percent Daily Values are based on a 2000 calorie diet.