



Creole Daube and Spaghetti

 Popular

READY IN



195 min.

SERVINGS



8

CALORIES



850 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 large bay leaf
- ☐ 0.5 cup beef broth
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon cajun spice
- ☐ 56 ounce tomatoes whole canned
- ☐ 3 tablespoons canola oil
- ☐ 2 celery
- ☐ 0.5 tablespoon parsley dried

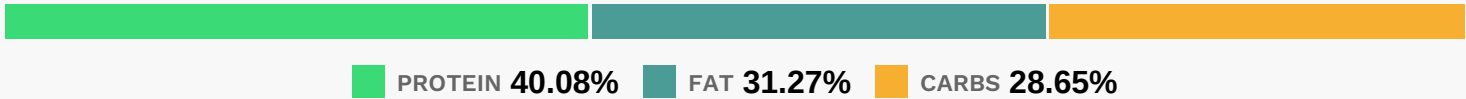
- ☐ 4 cloves garlic
- ☐ 1 bell pepper green
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 8 servings nutmeg grated
- ☐ 2 onions
- ☐ 8 servings parmesan cheese shredded
- ☐ 5 pound top round beef roast
- ☐ 1 teaspoon salt
- ☐ 8 servings spaghetti noodles cooked
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons tomato paste
- ☐ 8 ounce tomato sauce
- ☐ 8 servings splash of worcestershire sauce

Equipment

Directions

- ☐ Recipe: Creole Daube and Spaghetti
- ☐ From the Kitchen of Deep South Dish
- ☐ Prep time: 15 min |Inactive time: 2–3 hours |

Nutrition Facts



Properties

Glycemic Index:56.26, Glycemic Load:20.08, Inflammation Score:–8, Nutrition Score:48.18826078332%

Flavonoids

Apigenin: 5.94mg, Apigenin: 5.94mg, Apigenin: 5.94mg, Apigenin: 5.94mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1.79mg, Isorhamnetin: 1.79mg, Isorhamnetin: 1.79mg,

Isorhamnetin: 1.79mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg
Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.97mg, Quercetin:
6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg

Nutrients (% of daily need)

Calories: 849.76kcal (42.49%), Fat: 29.15g (44.84%), Saturated Fat: 10.9g (68.14%), Carbohydrates: 60.06g
(20.02%), Net Carbohydrates: 54.17g (19.7%), Sugar: 11.83g (13.14%), Cholesterol: 196.17mg (65.39%), Sodium:
1462.82mg (63.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 84.04g (168.09%), Selenium: 121.83µg
(174.05%), Vitamin B6: 2.32mg (115.93%), Vitamin B3: 22.34mg (111.7%), Phosphorus: 996.11mg (99.61%), Vitamin B12:
5.62µg (93.59%), Zinc: 13.94mg (92.91%), Iron: 9.58mg (53.24%), Calcium: 514.21mg (51.42%), Potassium: 1748.67mg
(49.96%), Manganese: 0.94mg (46.97%), Vitamin B2: 0.75mg (44.19%), Vitamin C: 36.45mg (44.18%), Magnesium:
150.01mg (37.5%), Copper: 0.69mg (34.46%), Vitamin B1: 0.46mg (30.64%), Vitamin E: 4.01mg (26.73%), Fiber: 5.9g
(23.58%), Vitamin K: 22.35µg (21.28%), Vitamin B5: 2.03mg (20.33%), Folate: 81.11µg (20.28%), Vitamin A: 823.05IU
(16.46%)