



Creole Meatball Po'boy

 Popular

READY IN



60 min.

SERVINGS



4

CALORIES



883 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.8 cup buttermilk
- ☐ 0.3 teaspoon cajun spice
- ☐ 4 servings creole seasoning to taste (or Cajun)
- ☐ 1 tablespoon basil fresh
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon garlic cloves minced
- ☐ 2 teaspoons granulated sugar

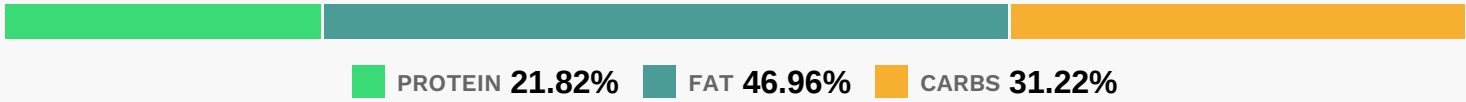
- ☐ 1 pound ground beef
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 servings a commercial marinara sauce warmed homemade (below)
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion chopped
- ☐ 1 ounce parmesan cheese
- ☐ 0.8 pound other seasoned raw italian
- ☐ 2 cups mozzarella cheese shredded
- ☐ 6 ounce tomato paste
- ☐ 15 ounce tomatoes diced
- ☐ 4 slices bread white
- ☐ 4 po'boy

Equipment

Directions

- ☐ Recipe: Creole Meatball Po'boy
- ☐ From the Kitchen of Deep South Dish
- ☐ Prep time: 20 min |Cook time: 40 min |

Nutrition Facts



Properties

Glycemic Index:148.97, Glycemic Load:17.87, Inflammation Score:-10, Nutrition Score:44.498261099276%

Flavonoids

Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg

0.32mg, Myricetin: 0.32mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 882.75kcal (44.14%), Fat: 46.55g (71.61%), Saturated Fat: 19.32g (120.73%), Carbohydrates: 69.62g (23.21%), Net Carbohydrates: 62g (22.55%), Sugar: 20.18g (22.42%), Cholesterol: 134.52mg (44.84%), Sodium: 35195.05mg (1530.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.66g (97.32%), Selenium: 61.49µg (87.84%), Vitamin A: 3578.35IU (71.57%), Vitamin B12: 4µg (66.59%), Phosphorus: 657.25mg (65.73%), Calcium: 621.5mg (62.15%), Vitamin B3: 11.9mg (59.51%), Zinc: 8.41mg (56.08%), Vitamin B2: 0.87mg (51.2%), Manganese: 1.02mg (50.99%), Iron: 8.59mg (47.72%), Potassium: 1635.16mg (46.72%), Vitamin C: 36.77mg (44.56%), Vitamin B6: 0.84mg (42%), Vitamin E: 6.23mg (41.55%), Vitamin K: 43.22µg (41.16%), Vitamin B1: 0.6mg (39.98%), Folate: 134.6µg (33.65%), Copper: 0.62mg (31.04%), Fiber: 7.61g (30.46%), Magnesium: 114.82mg (28.7%), Vitamin B5: 1.79mg (17.87%), Vitamin D: 0.96µg (6.39%)