



Yaka Mein

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 quarts beef stock
- ☐ 1 teaspoon cajun spice
- ☐ 1 bunch spring onion finely chopped
- ☐ 3 hardboiled eggs peeled halved lengthwise
- ☐ 2 cups goat meat cooked finely chopped (beef, chicken, pork, shrimp, turtle)
- ☐ 2 tablespoons soya sauce
- ☐ 8 ounce pasta like spaghetti

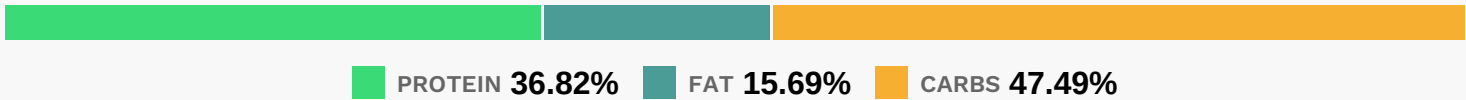
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Cook spaghetti according to package directions. While spaghetti is cooking, bring stock and Cajun Seasoning to a boil in a large pot.
- ☐ Add meat and simmer 5 minutes. Reserving stock, strain meat out. Set meat aside and keep warm. Bring stock back to a boil and stir in soy sauce. Simmer 1 minute.
- ☐ To assemble, place drained spaghetti in 6 individual bowls. Divide meat and egg halves over spaghetti. Ladle on broth and sprinkle with green onions.
- ☐ From The Delta Queen Cookbook by Cynthia LeJeune Nobles, © 2012 Louisiana State University Press

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:11.46, Inflammation Score:-5, Nutrition Score:16.865652110266%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 282.81kcal (14.14%), Fat: 4.86g (7.47%), Saturated Fat: 1.32g (8.28%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 31.62g (11.5%), Sugar: 3.22g (3.58%), Cholesterol: 125.25mg (41.75%), Sodium: 1051.89mg (45.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.31%), Selenium: 51.47µg (73.53%), Vitamin B3: 8.92mg (44.58%), Phosphorus: 327.56mg (32.76%), Vitamin B6: 0.65mg (32.67%), Vitamin B2: 0.5mg (29.67%), Potassium: 915.74mg (26.16%), Manganese: 0.4mg (20.11%), Magnesium: 61.41mg (15.35%), Copper: 0.3mg (14.88%), Vitamin B1: 0.19mg (12.9%), Vitamin B5: 1.26mg (12.59%), Iron: 2.1mg (11.66%), Zinc: 1.68mg (11.18%), Vitamin K: 9.08µg (8.64%), Folate: 29.92µg (7.48%), Vitamin A: 349.06IU (6.98%), Vitamin B12: 0.38µg (6.29%), Fiber: 1.48g (5.91%), Calcium: 53.02mg (5.3%), Vitamin D: 0.6µg (4%), Vitamin E: 0.54mg (3.63%), Vitamin C: 1.36mg (1.64%)