



BBQ Shrimp Po' Boys with Pickled Green Tomatoes

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 crusty baguette french
- ☐ 6 servings barbecue sauce divided
- ☐ 2 tomatoes green thinly sliced
- ☐ 6 romaine leaves
- ☐ 6 tablespoons mayonnaise plus more for topping
- ☐ 2 teaspoons pickling spices
- ☐ 1 teaspoon salt

- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 1 tablespoon sugar
- ☐ 1 cup citrus champagne vinegar

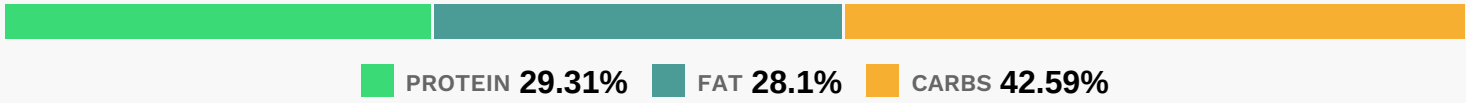
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Bring first 4 ingredients to a boil in a nonreactive saucepan. Strain and pour over tomato in a medium bowl. Chill at least 1 hour.
- ☐ Combine 3 tablespoons Creole Barbecue Sauce with mayonnaise; cover and chill. Marinate shrimp in remaining Creole Barbecue Sauce in a small bowl 30 minutes.
- ☐ Heat grill to medium-high; brush surface with vegetable oil, and grill shrimp about 2 minutes per side or until firm.
- ☐ Cut each baguette into 3 pieces, slice each piece in half, and toast.
- ☐ Spread mayonnaise mixture onto each baguette slice. Assemble sandwiches with lettuce, tomato, and shrimp, and top with additional mayonnaise, if desired.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:34.47, Glycemic Load:28.99, Inflammation Score:-9, Nutrition Score:18.353478274916%

Nutrients (% of daily need)

Calories: 439.19kcal (21.96%), Fat: 13.48g (20.74%), Saturated Fat: 2.23g (13.97%), Carbohydrates: 45.96g (15.32%), Net Carbohydrates: 43.37g (15.77%), Sugar: 8.2g (9.11%), Cholesterol: 188.45mg (62.82%), Sodium: 1152.49mg (50.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.63g (63.26%), Vitamin A: 2055.12IU (41.1%), Vitamin B1: 0.54mg (35.73%), Phosphorus: 347.36mg (34.74%), Copper: 0.59mg (29.63%), Manganese: 0.58mg (28.92%),

Vitamin K: 29.48µg (28.08%), Folate: 102.94µg (25.73%), Iron: 4.16mg (23.09%), Selenium: 15.01µg (21.44%), Vitamin B3: 4.11mg (20.55%), Vitamin B2: 0.31mg (18.35%), Calcium: 182.55mg (18.26%), Magnesium: 71.35mg (17.84%), Vitamin C: 14.38mg (17.43%), Potassium: 560.64mg (16.02%), Zinc: 2.3mg (15.31%), Fiber: 2.59g (10.38%), Vitamin B6: 0.15mg (7.36%), Vitamin E: 0.94mg (6.24%), Vitamin B5: 0.55mg (5.46%)