



Castnet's Oyster Po'boy

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



789 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 36 inch leidenheimer bread baguette or any baguette or hoagie loaf
- ☐ 4 servings louisiana cajun seasoning fresh
- ☐ 4 servings hot sauce
- ☐ 4 servings catsup
- ☐ 4 servings lettuce leaves
- ☐ 4 servings mayonnaise
- ☐ 70 dozens oysters
- ☐ 4 servings toppings: such as pickles

- ☐ 1 slices tomatoes
- ☐ 4 servings vegetable oil
- ☐ 5 cups masa yellow

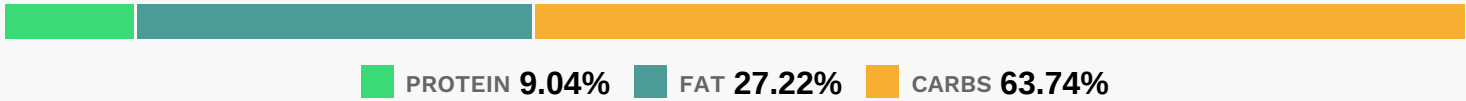
Equipment

- ☐ pot
- ☐ sieve

Directions

- ☐ Preheat the oil to 350 degrees F in a deep-fryer or large pot.
- ☐ Make a large mound with the yellow corn flour. Using a sieve, drain the freshly shucked oysters of excess fluid and place on top of the flour mound. Coat the oysters completely with the yellow flour, making sure there are no wet spots on the oysters themselves.
- ☐ Sift any excess flour from the oysters and place into the fryer. Deep fry until golden brown, about 3 minutes.
- ☐ Remove and dust with the seasoning salt.
- ☐ Cut the baguette into 2 separate pieces.
- ☐ Spread mayo on half of the baguette (and ketchup and hot sauce, if using) and layer with some lettuce, tomatoes and then some pickles.
- ☐ Place the fried oysters on the other side of the baguette, before joining the 2 halves.
- ☐ Cut each baguette in half again and serve.

Nutrition Facts



Properties

Glycemic Index:40.42, Glycemic Load:5.97, Inflammation Score:-10, Nutrition Score:32.852608776125%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 788.76kcal (39.44%), Fat: 24.61g (37.86%), Saturated Fat: 3.75g (23.43%), Carbohydrates: 129.64g (43.21%), Net Carbohydrates: 117.73g (42.81%), Sugar: 8.47g (9.41%), Cholesterol: 11.48mg (3.83%), Sodium: 833.91mg (36.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.39g (36.78%), Zinc: 12.73mg (84.84%), Vitamin A: 3035.42IU (60.71%), Manganese: 1.15mg (57.52%), Copper: 1.04mg (52.21%), Fiber: 11.91g (47.63%), Selenium: 32.18µg (45.97%), Vitamin K: 47.14µg (44.9%), Vitamin B6: 0.84mg (42.01%), Magnesium: 162.6mg (40.65%), Phosphorus: 393.57mg (39.36%), Vitamin B12: 2.15µg (35.81%), Vitamin B1: 0.49mg (32.5%), Calcium: 291.8mg (29.18%), Iron: 4.95mg (27.53%), Vitamin B3: 4.5mg (22.48%), Folate: 81.06µg (20.27%), Vitamin B2: 0.33mg (19.59%), Potassium: 675.85mg (19.31%), Vitamin E: 2.69mg (17.93%), Vitamin C: 7.36mg (8.93%), Vitamin B5: 0.62mg (6.23%)