



Creole Oyster Po' Boy

READY IN



45 min.

SERVINGS



8

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup cornmeal
- ☐ 0.3 cup breadcrumbs dry
- ☐ 1 egg white
- ☐ 1 pound bread french (16 inches long)
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 cups iceberg lettuce thinly sliced
- ☐ 2 tablespoons buttermilk low-fat

- ☐ 8 servings creole mayonnaise
- ☐ 20 ounce standard oysters drained
- ☐ 0.3 teaspoon salt
- ☐ 24 slices tomatoes thin

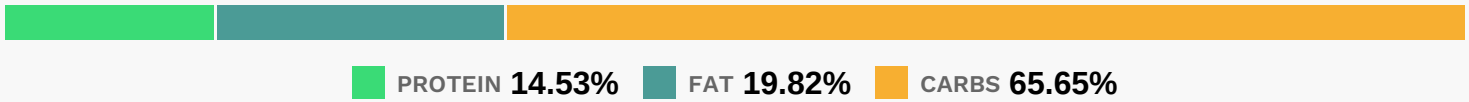
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 6 ingredients (cornmeal through black pepper) in a bowl; stir well.
- ☐ Combine buttermilk and egg white in a bowl; stir well. Dip oysters in buttermilk mixture, and dredge in cornmeal mixture.
- ☐ Coat a large nonstick skillet with cooking spray, and place over medium heat until hot.
- ☐ Add oysters, and cook 3 minutes on each side or until browned.
- ☐ Cut bread loaf in half horizontally, and spread Creole Mayonnaise evenly over cut sides of bread. Arrange lettuce and tomato slices over bottom half of loaf; top with oysters and top half of loaf.
- ☐ Cut loaf into 8 pieces.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:25.73, Inflammation Score:-4, Nutrition Score:11.805217371849%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg,

Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 235.74kcal (11.79%), Fat: 5.21g (8.01%), Saturated Fat: 0.96g (5.98%), Carbohydrates: 38.78g (12.93%), Net Carbohydrates: 36.41g (13.24%), Sugar: 3.72g (4.13%), Cholesterol: 4.66mg (1.55%), Sodium: 492.5mg (21.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.59g (17.17%), Vitamin B1: 0.48mg (31.91%), Selenium: 20.13µg (28.76%), Zinc: 3.71mg (24.72%), Manganese: 0.44mg (21.99%), Folate: 83.68µg (20.92%), Vitamin B2: 0.3mg (17.75%), Iron: 3.08mg (17.09%), Vitamin B3: 3.31mg (16.57%), Copper: 0.33mg (16.34%), Vitamin K: 12.03µg (11.46%), Vitamin B12: 0.65µg (10.87%), Phosphorus: 98.86mg (9.89%), Fiber: 2.37g (9.5%), Magnesium: 31.25mg (7.81%), Vitamin B6: 0.12mg (6.2%), Calcium: 51.33mg (5.13%), Potassium: 156.95mg (4.48%), Vitamin B5: 0.32mg (3.15%), Vitamin A: 149.18IU (2.98%), Vitamin E: 0.41mg (2.73%), Vitamin C: 1mg (1.22%)