



Dressed Mini Oyster Po'boys

 Dairy Free

READY IN



42 min.

SERVINGS



6

CALORIES



692 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 bread rolls split french toasted
- ☐ 10 ounce cabbage shredded
- ☐ 1.3 cups self-rising cornmeal
- ☐ 1 teaspoon creole seasoning
- ☐ 2 tablespoons creole seasoning
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon horseradish prepared
- ☐ 2 tablespoons catsup

- ☐ 6 servings garnish: lemon wedges
- ☐ 1 cup mayonnaise divided
- ☐ 16 ounce select oysters fresh drained
- ☐ 0.8 teaspoon paprika
- ☐ 6 servings vegetable oil
- ☐ 2 tablespoons vinegar white

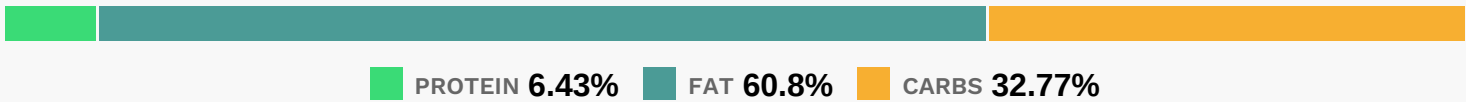
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Combine cornmeal and 2 tablespoons Creole seasoning. Dredge oysters in cornmeal mixture.
- ☐ Pour oil to a depth of 1 inch into a Dutch oven; heat to 37
- ☐ Fry oysters, in 3 batches, 3 to 4 minutes or until golden.
- ☐ Drain oysters on paper towels.
- ☐ Stir together 1/2 cup mayonnaise, vinegar, and mustard. Stir in cabbage; set slaw aside.
- ☐ Stir together remaining 1/2 cup mayonnaise, ketchup, and next 3 ingredients in a small bowl.
- ☐ Spread cut sides of French bread rolls with ketchup mixture; place oysters and slaw evenly on bottom halves of each roll. Cover with tops.
- ☐ Serve po'boys immediately.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:73.78, Glycemic Load:29.79, Inflammation Score:-8, Nutrition Score:23.533913487973%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 691.55kcal (34.58%), Fat: 47.16g (72.55%), Saturated Fat: 7.38g (46.11%), Carbohydrates: 57.19g (19.06%), Net Carbohydrates: 49.68g (18.07%), Sugar: 7.09g (7.88%), Cholesterol: 18.7mg (6.23%), Sodium: 629.95mg (27.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.23g (22.46%), Vitamin K: 127.46µg (121.39%), Manganese: 1.06mg (52.83%), Selenium: 22.63µg (32.33%), Zinc: 4.84mg (32.29%), Fiber: 7.51g (30.03%), Vitamin B1: 0.38mg (25.43%), Vitamin C: 20.31mg (24.62%), Vitamin E: 3.5mg (23.3%), Vitamin B3: 4.44mg (22.19%), Iron: 3.98mg (22.12%), Folate: 86.15µg (21.54%), Vitamin A: 1059.82IU (21.2%), Copper: 0.41mg (20.73%), Vitamin B6: 0.39mg (19.49%), Phosphorus: 188.72mg (18.87%), Magnesium: 73.15mg (18.29%), Vitamin B2: 0.24mg (14.03%), Vitamin B12: 0.71µg (11.77%), Calcium: 107.75mg (10.77%), Potassium: 360.37mg (10.3%), Vitamin B5: 0.87mg (8.65%)