



 **69%**
HEALTH SCORE

Fried Buffalo Oyster Po'Boys

 Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



1600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 bread french
- 2 cups buttermilk
- 1 cup flour all-purpose
- 1.5 teaspoons garlic powder
- 0.5 teaspoon pepper black
- 1.5 teaspoons ground pepper red
- 1 cup lettuce shredded
- 0.3 cup mayonnaise

- 0.5 teaspoon mustard dried
- 1.5 teaspoons oregano dried
- 2 pints dozens oysters fresh drained
- 1 tablespoon paprika
- 0.5 teaspoon salt
- 4 servings vegetable oil
- 0.5 cup cornmeal yellow

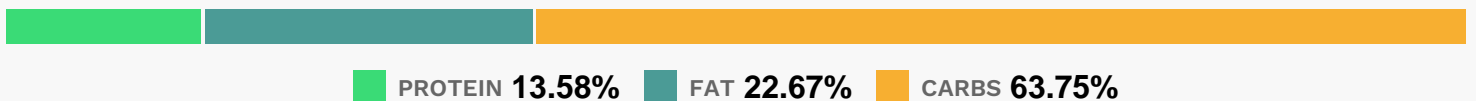
Equipment

- paper towels
- dutch oven

Directions

- Combine oysters and buttermilk in a large shallow dish or zip-top plastic freezer bag. Cover or seal and chill at least 2 hours.
- Drain oysters well.
- Combine flour and the next 8 ingredients. Dredge oysters in flour mixture, shaking off excess.
- Pour oil to a depth of 1 inch in a Dutch oven; heat to 37
- Fry oysters, in batches, 3 minutes or until golden.
- Drain on paper towels.
- Split rolls.
- Spread 1 tablespoon mayonnaise evenly on cut sides of rolls.
- Place 1/4 cup lettuce and one-fourth of Buffalo Oysters on bottom halves of rolls; cover with roll tops.

Nutrition Facts



Properties

Glycemic Index:114.5, Glycemic Load:188.09, Inflammation Score:-10, Nutrition Score:57.669130299402%

Flavonoids

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: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 1600.06kcal (80%), Fat: 40.45g (62.24%), Saturated Fat: 8.62g (53.89%), Carbohydrates: 255.95g (85.32%), Net Carbohydrates: 242.89g (88.33%), Sugar: 25.64g (28.49%), Cholesterol: 28.54mg (9.51%), Sodium: 2946.12mg (128.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.53g (109.06%), Vitamin B1: 3.23mg (215.35%), Selenium: 136.33µg (194.76%), Folate: 573.57µg (143.39%), Manganese: 2.66mg (133.07%), Vitamin B2: 2.15mg (126.5%), Vitamin B3: 22.26mg (111.28%), Iron: 19.72mg (109.56%), Zinc: 14.95mg (99.68%), Copper: 1.44mg (72.25%), Phosphorus: 644.49mg (64.45%), Vitamin K: 63.53µg (60.5%), Fiber: 13.05g (52.21%), Magnesium: 181.68mg (45.42%), Vitamin B12: 2.64µg (43.98%), Calcium: 389.86mg (38.99%), Vitamin B6: 0.7mg (35.08%), Vitamin A: 1496.46IU (29.93%), Potassium: 874.72mg (24.99%), Vitamin E: 3.74mg (24.91%), Vitamin B5: 2.2mg (22.05%), Vitamin D: 1.59µg (10.59%), Vitamin C: 1.13mg (1.36%)