



Fried Green Tomato and Shrimp Remoulade Po Boy

 Dairy Free  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 baguette sliced in half) cut into 4 sandwich sized lengths and
- ☐ 1 tablespoon creole seasoning
- ☐ 0.3 cup rémoulade sauce
- ☐ 1 cup lettuce shredded ()
- ☐ 1 tablespoon oil
- ☐ 1 pound shrimp shelled (and deviened)
- ☐ 6 slices fried tomatoes green (2 tomatoes worth)

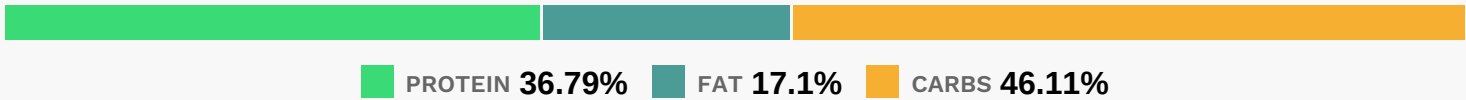
Equipment

☐ frying pan

Directions

- ☐ Toss the shrimp in the oil and creole seasoning to coat.
- ☐ Saute in a pan until cooked, about 2–3 minutes per side.
- ☐ Assemble the sandwiches and enjoy!

Nutrition Facts



Properties

Glycemic Index:33.94, Glycemic Load:20.85, Inflammation Score:-7, Nutrition Score:13.539565231489%

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: 320.64kcal (16.03%), Fat: 6.1g (9.39%), Saturated Fat: 0.76g (4.78%), Carbohydrates: 37.02g (12.34%), Net Carbohydrates: 34.82g (12.66%), Sugar: 8.03g (8.92%), Cholesterol: 182.57mg (60.86%), Sodium: 704.71mg (30.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.53g (59.06%), Phosphorus: 317.71mg (31.77%), Copper: 0.56mg (27.76%), Vitamin B1: 0.39mg (26.22%), Manganese: 0.4mg (20.25%), Folate: 76.12µg (19.03%), Iron: 3.07mg (17.06%), Vitamin A: 803.09IU (16.06%), Selenium: 11µg (15.71%), Vitamin B3: 3.12mg (15.59%), Magnesium: 62.1mg (15.52%), Calcium: 147.19mg (14.72%), Potassium: 488.63mg (13.96%), Zinc: 2.09mg (13.95%), Vitamin B2: 0.23mg (13.45%), Vitamin K: 12.74µg (12.14%), Vitamin C: 8.48mg (10.28%), Fiber: 2.2g (8.79%), Vitamin E: 1.31mg (8.75%), Vitamin B6: 0.13mg (6.37%), Vitamin B5: 0.4mg (4.03%)