



Fried Oyster Po' Boys

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound un bread french
- 0.3 cup butter melted
- 1.3 cups self-rising corn meal mix
- 0.1 teaspoon hot sauce
- 1 tablespoon juice of lemon
- 1 cup lettuce shredded
- 0.3 cup mayonnaise
- 24 ounce standard oysters drained

- 2.5 tablespoons relish sweet
- 1 large tomatoes thinly sliced
- 6 cups vegetable oil

Equipment

- baking sheet
- paper towels
- oven

Directions

- Slice off top third of loaf; hollow out bottom section, reserving crumbs for another use.
- Spread inside surfaces of bread with butter.
- Place bread on a baking sheet, and bake at 400 for 8 minutes. Set aside.
- Dredge oysters in cornmeal mix. Fry oysters, in batches, in deep hot oil (37
- minutes or until oysters float to the top and are golden.
- Drain oysters well on paper towels; keep warm.
- Combine mayonnaise and next 3 ingredients; stir well. Stir in lettuce.
- Spread lettuce mixture in hollowed bread. Top with tomato slices, oysters, and top of loaf.
- Cut loaf into 4 portions.

Nutrition Facts

 PROTEIN **5.54%**  FAT **63.08%**  CARBS **31.38%**

Properties

Glycemic Index:50.13, Glycemic Load:45.99, Inflammation Score:-9, Nutrition Score:37.761304171189%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg 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: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol:

0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg
Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 1345.13kcal (67.26%), Fat: 95.6g (147.08%), Saturated Fat: 15.46g (96.61%), Carbohydrates: 107.02g (35.67%), Net Carbohydrates: 100.08g (36.39%), Sugar: 9.83g (10.92%), Cholesterol: 14.64mg (4.88%), Sodium: 1780.32mg (77.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.9g (37.8%), Vitamin K: 167.45µg (159.48%), Vitamin B1: 1.24mg (82.71%), Folate: 304.24µg (76.06%), Zinc: 8.8mg (58.66%), Phosphorus: 527.8mg (52.78%), Selenium: 36.23µg (51.76%), Manganese: 1.01mg (50.73%), Vitamin E: 7.12mg (47.49%), Iron: 8.36mg (46.43%), Vitamin B2: 0.77mg (45.33%), Vitamin B3: 8.89mg (44.46%), Copper: 0.78mg (39.06%), Fiber: 6.94g (27.77%), Vitamin A: 1273.73IU (25.47%), Vitamin B12: 1.52µg (25.42%), Calcium: 252.49mg (25.25%), Vitamin B6: 0.39mg (19.74%), Magnesium: 77.53mg (19.38%), Potassium: 425.8mg (12.17%), Vitamin C: 8.4mg (10.19%), Vitamin B5: 0.74mg (7.4%)