



HEALTH SCORE

76%

Fried Shrimp Po-Boys



Vegetarian



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



1358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 cup carrots julienned
- ☐ 1 chipotle pepper in adobo sauce
- ☐ 0.3 cup cider vinegar
- ☐ 2 cups cornmeal
- ☐ 1 tablespoon dijon mustard
- ☐ 1 eggs
- ☐ 2 eggs

- ☐ 2 cups flour
- ☐ 1 tablespoon garlic chopped
- ☐ 2 cups cabbage shredded green
- ☐ 2 tablespoons green onions chopped
- ☐ 2 tablespoons catsup
- ☐ 2 tablespoons juice of lemon
- ☐ 2 long french thin
- ☐ 4 servings bell pepper
- ☐ 1 cup cabbage shredded red
- ☐ 0.5 cup onions red julienned
- ☐ 4 servings salt
- ☐ 1 tablespoon sugar
- ☐ 0.5 cup vegetable oil
- ☐ 1 cup vegetable oil
- ☐ 0.3 cup water

Equipment

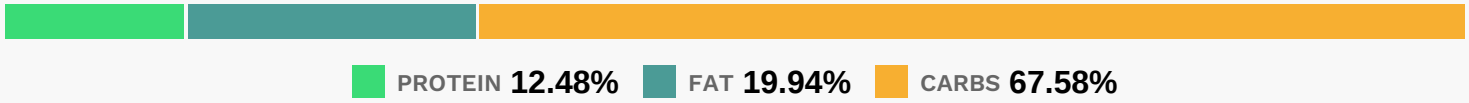
- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ blender

Directions

- ☐ For the Spicy Remoulade: In a blender, combine the egg, lemon juice, green onions, ketchup, chipotle, garlic, salt and pepper and blend. While the blender is running, slowly add the oil in a steady stream to create an emulsion. Taste for seasoning.
- ☐ For the slaw: In a small bowl, whisk together the sugar, mustard and vinegar. Slowly whisk in the oil and season with salt and pepper. In a large bowl, combine the cabbages, carrots and onions.
- ☐ Pour the dressing over the mixture and toss to combine. Season with salt and pepper.

- ☐ For the fried shrimp: Preheat oil in fryer to 360 degrees. Season the shrimp with salt and pepper. Season the flour with salt and pepper. Dredge the shrimp in the flour. Make an egg wash with the egg and the water. Dredge the shrimp in the egg wash. Dredge the shrimp in the cornmeal. Fry the shrimp until golden brown.
- ☐ Drain on a paper towel lined plate.
- ☐ To assemble: Slice the French bread in half to create 4 sandwiches.
- ☐ Spread some of the remoulade on the bread. Top with the fried shrimp.
- ☐ Place some of the slaw on top.

Nutrition Facts



Properties

Glycemic Index:160.48, Glycemic Load:154.76, Inflammation Score:-10, Nutrition Score:59.008260602536%

Flavonoids

Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Nutrients (% of daily need)

Calories: 1357.53kcal (67.88%), Fat: 30.19g (46.44%), Saturated Fat: 5.61g (35.05%), Carbohydrates: 230.25g (76.75%), Net Carbohydrates: 211.82g (77.03%), Sugar: 23.47g (26.08%), Cholesterol: 122.76mg (40.92%), Sodium: 1598.99mg (69.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.52g (85.04%), Vitamin A: 8212.14IU (164.24%), Vitamin C: 128.63mg (155.92%), Vitamin B1: 2.28mg (152.26%), Selenium: 95.41µg (136.3%), Manganese: 2.37mg (118.55%), Folate: 470.55µg (117.64%), Vitamin B2: 1.53mg (89.74%), Vitamin B3: 16.73mg (83.63%), Iron: 14.78mg (82.12%), Vitamin K: 81.66µg (77.77%), Fiber: 18.43g (73.72%), Vitamin B6: 1.19mg (59.32%), Phosphorus: 585.98mg (58.6%), Magnesium: 194.71mg (48.68%), Zinc: 5.9mg (39.34%), Copper: 0.68mg (33.98%), Potassium: 1067.83mg (30.51%), Vitamin E: 4.06mg (27.05%), Vitamin B5: 2.42mg (24.16%), Calcium: 192.81mg (19.28%), Vitamin B12: 0.29µg (4.89%), Vitamin D: 0.66µg (4.4%)