



Fritto Misto Po'boys

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings cajun spice
- ☐ 3 teaspoons creole seasoning divided
- ☐ 2 tomatoes green sliced
- ☐ 1 tablespoon hot sauce
- ☐ 1 tablespoon lemon zest
- ☐ 1 cup beer light cold
- ☐ 1 cup pepperoncini peppers jarred stemmed
- ☐ 1.5 pounds shrimp raw unpeeled ()

- ☐ 8 portugese rolls split toasted
- ☐ 8 servings vegetable oil
- ☐ 8 oz tempura batter mix

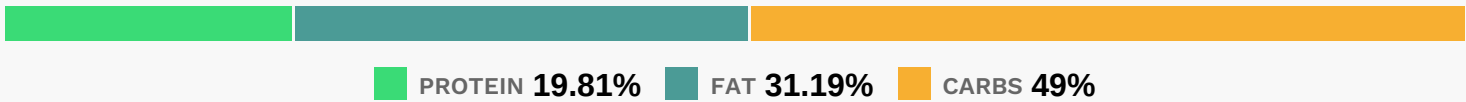
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ wire rack
- ☐ dutch oven

Directions

- ☐ Peel shrimp; devein, if desired.
- ☐ Sprinkle with 1 tsp. Creole seasoning.
- ☐ Pat peppers dry with paper towels.
- ☐ Whisk together tempura batter mix, next 3 ingredients, and remaining 2 tsp. Creole seasoning in a large bowl; let stand 5 minutes.
- ☐ Meanwhile, pour oil to depth of 3 inches into a Dutch oven; heat over medium-high heat to 35
- ☐ Dip shrimp and peppers into batter. Shake off excess. Fry, in batches, 2 to 3 minutes or until golden.
- ☐ Drain on a wire rack over paper towels.
- ☐ Spoon Cajun Coleslaw onto rolls.
- ☐ Layer with tomato slices, shrimp, and peppers.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:23.09, Inflammation Score:-8, Nutrition Score:12.615217469633%

Nutrients (% of daily need)

Calories: 501.61kcal (25.08%), Fat: 17.16g (26.4%), Saturated Fat: 2.31g (14.41%), Carbohydrates: 60.68g (20.23%), Net Carbohydrates: 57.76g (21%), Sugar: 6.23g (6.92%), Cholesterol: 136.93mg (45.64%), Sodium: 516.37mg (22.45%), Alcohol: 0.91g (100%), Alcohol %: 0.41% (100%), Protein: 24.52g (49.05%), Iron: 11.83mg (65.71%), Vitamin K: 32.57µg (31.02%), Vitamin A: 1550.28IU (31.01%), Vitamin C: 22.79mg (27.62%), Phosphorus: 207.86mg (20.79%), Copper: 0.39mg (19.74%), Vitamin E: 2.18mg (14.52%), Fiber: 2.92g (11.67%), Potassium: 397.38mg (11.35%), Magnesium: 41.85mg (10.46%), Zinc: 1.31mg (8.74%), Vitamin B6: 0.16mg (7.77%), Calcium: 74.99mg (7.5%), Manganese: 0.12mg (6.18%), Vitamin B3: 0.73mg (3.67%), Vitamin B2: 0.06mg (3.44%), Vitamin B1: 0.04mg (2.84%), Folate: 11µg (2.75%), Vitamin B5: 0.26mg (2.58%)