



Grilled Shrimp Po'boy

READY IN



215 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 11.5 oz bread french
- ☐ 4.5 teaspoons dijon mustard
- ☐ 0.3 cup mayonnaise fat-free
- ☐ 1 clove garlic finely chopped
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 1 lb shrimp deveined uncooked peeled
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1.5 tablespoons olive oil
- ☐ 0.5 cup onion red sliced

- ☐ 2 cups the of 1 cos lettuce shredded
- ☐ 0.5 teaspoon seafood seasoning
- ☐ 3 tablespoons sun-dried tomatoes drained chopped in oil

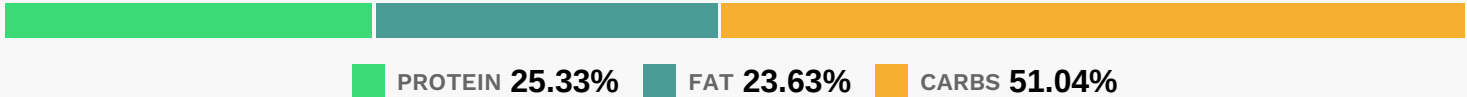
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ In large resealable food storage plastic bag, mix shrimp, 1 tablespoon of the oil, lemon juice and seafood seasoning; seal bag and turn to coat. Refrigerate 3 hours to marinate, turning bag occasionally.
- ☐ Cut loaf of bread in half horizontally. Hollow out top half, leaving 1/2-inch border. Spray cut side of bread with cooking spray; set aside. In small bowl, mix mayonnaise, tomatoes, mustard, red pepper and garlic; refrigerate until serving time.
- ☐ Heat gas or charcoal grill. On each of 4 (12-inch) metal skewers, thread shrimp, leaving 1/4-inch space between each. Carefully brush remaining oil on grill rack.
- ☐ Place skewers on grill over medium heat. Cover grill; cook 4 to 6 minutes, turning once, until shrimp are pink.
- ☐ Place bread, cut sides down, on grill; cook 2 minutes or until lightly toasted.
- ☐ Spread mayonnaise mixture over cut sides of bread.
- ☐ Place lettuce, shrimp and onion in bottom half. Cover with top of loaf.
- ☐ Cut sandwich crosswise into 4 pieces.

Nutrition Facts



Properties

Glycemic Index:50.38, Glycemic Load:33.12, Inflammation Score:-9, Nutrition Score:25.293478126111%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

Nutrients (% of daily need)

Calories: 402.43kcal (20.12%), Fat: 10.64g (16.37%), Saturated Fat: 1.63g (10.16%), Carbohydrates: 51.72g (17.24%), Net Carbohydrates: 47.86g (17.4%), Sugar: 6.54g (7.27%), Cholesterol: 144.18mg (48.06%), Sodium: 1340.66mg (58.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.66g (51.32%), Selenium: 59.49µg (84.99%), Vitamin A: 2430.78IU (48.62%), Vitamin B1: 0.66mg (44.17%), Folate: 161.43µg (40.36%), Phosphorus: 399.29mg (39.93%), Vitamin B3: 6.5mg (32.48%), Vitamin K: 33.97µg (32.35%), Manganese: 0.63mg (31.59%), Vitamin B2: 0.44mg (25.68%), Iron: 4.24mg (23.53%), Vitamin B12: 1.26µg (20.98%), Copper: 0.41mg (20.69%), Vitamin B6: 0.37mg (18.29%), Vitamin C: 15.01mg (18.2%), Magnesium: 69.28mg (17.32%), Vitamin E: 2.51mg (16.74%), Fiber: 3.85g (15.42%), Zinc: 2.18mg (14.56%), Potassium: 508.42mg (14.53%), Calcium: 129.74mg (12.97%), Vitamin B5: 0.76mg (7.59%)