



Lobster Po' Boy

READY IN



24 min.

SERVINGS



4

CALORIES



1207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 club rolls
- 2 tablespoons dijon mustard
- 2 eggs beaten
- 2 tablespoons garlic powder
- 0.5 teaspoon garlic salt
- 1.5 tablespoons horseradish
- 1 teaspoon hot sauce
- 1.5 teaspoons hot sauce
- 4 servings kosher salt and pepper black freshly ground

- 4 lobster tail pieces frozen thawed halved lengthwise
- 1.5 cups mayonnaise
- 1 cup milk
- 1 tablespoon paprika
- 0.3 cup parsley leaves finely chopped
- 1 tablespoon neely's seasoning
- 1 cup self-rising flour
- 4 servings tomatoes sliced
- 2 tablespoons citrus champagne vinegar
- 1 tablespoon worcestershire sauce
- 1 cup cornmeal yellow
- 1 tablespoon mustard yellow
- 1.5 tablespoons mustard yellow

Equipment

- bowl
- paper towels
- whisk

Directions

- Preheat deep-fryer to 375 degrees F.
- In a shallow dish, mix together cornmeal, flour, Neely's Seasoning and garlic powder. In a second bowl whisk together eggs, milk, hot sauce and both mustards.
- Season the lobster with salt and pepper. Dredge lobster in egg wash and then through breading and gently place in deep-fryer and cook for 5 to 7 minutes until crispy and golden.
- Remove from fryer and drain on paper towels.
- Place on rolls with sliced tomato and serve with Remoulade Sauce.
- In a small bowl, mix together all ingredients until well combined. Chill and reserve.

Nutrition Facts

PROTEIN 10.85% FAT 54.88% CARBS 34.27%

Properties

Glycemic Index:138.63, Glycemic Load:58.58, Inflammation Score:-10, Nutrition Score:41.028260811515%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 1206.62kcal (60.33%), Fat: 73.83g (113.59%), Saturated Fat: 12.47g (77.92%), Carbohydrates: 103.76g (34.59%), Net Carbohydrates: 92.44g (33.62%), Sugar: 14.88g (16.54%), Cholesterol: 204.81mg (68.27%), Sodium: 1787.72mg (77.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.84g (65.67%), Vitamin K: 238.06µg (226.72%), Selenium: 72.04µg (102.92%), Iron: 16.1mg (89.42%), Copper: 1.24mg (61.77%), Vitamin A: 3035.55IU (60.71%), Manganese: 1.11mg (55.52%), Fiber: 11.32g (45.28%), Phosphorus: 440.89mg (44.09%), Vitamin C: 33.72mg (40.88%), Vitamin E: 6.12mg (40.78%), Vitamin B6: 0.7mg (35.14%), Zinc: 5.2mg (34.68%), Magnesium: 133.82mg (33.45%), Potassium: 1087.1mg (31.06%), Calcium: 269.67mg (26.97%), Vitamin B12: 1.42µg (23.62%), Folate: 93.79µg (23.45%), Vitamin B5: 2.34mg (23.42%), Vitamin B1: 0.34mg (22.94%), Vitamin B2: 0.37mg (21.77%), Vitamin B3: 4.03mg (20.17%), Vitamin D: 1.28µg (8.53%)