



## Oyster-and-Shrimp Po' Boys

READY IN



24 min.

SERVINGS



6

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup buttermilk
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 1.5 cups ground cornmeal finely
- ☐ 6 servings hot sauce
- ☐ 1.5 cups iceberg lettuce shredded green
- ☐ 0.8 pound and shrimp raw deveined peeled
- ☐ 1 tablespoon seafood seasoning
- ☐ 1 container shucked oysters raw drained (1-pint)

- ☐ 6 servings tartar sauce
- ☐ 2 tomatoes thinly sliced
- ☐ 6 servings vegetable oil

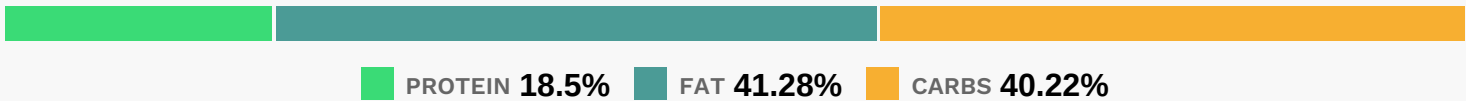
## Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ ziploc bags
- ☐ dutch oven

## Directions

- ☐ Whisk together egg and buttermilk in a large bowl. Stir together cornmeal, flour, and seasoning in a large plastic bag. Dredge shrimp and oysters, in batches, in egg mixture, and then add to cornmeal mixture, shaking to coat well.
- ☐ Pour oil to a depth of 2 inches in a deep heavy pot or Dutch oven; heat over medium-high heat until temperature reaches 350 to 37
- ☐ Fry shrimp and oysters, in batches, 1 to 2 minutes or until golden brown and just cooked through.
- ☐ Drain on paper towels.
- ☐ Spread insides of baguettes with Tartar Sauce, and top with lettuce, tomatoes, shrimp, and oysters.
- ☐ Serve with hot sauce and additional Tartar Sauce.

## Nutrition Facts



## Properties

Glycemic Index:35.42, Glycemic Load:23.66, Inflammation Score:-7, Nutrition Score:14.195651966593%

## Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 395.68kcal (19.78%), Fat: 18.28g (28.12%), Saturated Fat: 3.21g (20.04%), Carbohydrates: 40.07g (13.36%), Net Carbohydrates: 35.36g (12.86%), Sugar: 2.54g (2.83%), Cholesterol: 123.89mg (41.3%), Sodium: 109.31mg (4.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.43g (36.87%), Vitamin K: 46.38µg (44.17%), Phosphorus: 263.79mg (26.38%), Manganese: 0.46mg (23.2%), Vitamin A: 1094.41IU (21.89%), Copper: 0.38mg (18.98%), Fiber: 4.71g (18.83%), Magnesium: 74.27mg (18.57%), Zinc: 2.4mg (15.98%), Vitamin B1: 0.23mg (15.61%), Vitamin B6: 0.31mg (15.42%), Iron: 2.55mg (14.19%), Selenium: 9.11µg (13.02%), Potassium: 438.6mg (12.53%), Folate: 47.72µg (11.93%), Vitamin E: 1.66mg (11.09%), Vitamin B2: 0.17mg (9.78%), Vitamin B3: 1.91mg (9.57%), Vitamin C: 6.62mg (8.03%), Calcium: 74.58mg (7.46%), Vitamin B5: 0.51mg (5.1%), Vitamin B12: 0.15µg (2.5%), Vitamin D: 0.34µg (2.27%)