



Oyster Po' Boy with Jalapeno Relish

 Dairy Free

READY IN



26 min.

SERVINGS



5

CALORIES



706 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 servings arugula
- ☐ 1 teaspoon cayenne
- ☐ 3 eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 3 cloves garlic minced
- ☐ 2 jalapeños minced
- ☐ 0.5 juice of lemon juiced
- ☐ 1 juice of lemon juiced

- ☐ 1 juice of lime juiced
- ☐ 5 servings kosher salt and pepper black freshly ground
- ☐ 1 cup mayonnaise
- ☐ 5 servings mayonnaise
- ☐ 20 dozens oysters
- ☐ 1 cup panko bread crumbs
- ☐ 5 servings vegetable oil; peanut oil preferred for frying
- ☐ 2 plum tomatoes minced seeded
- ☐ 2 shallots minced
- ☐ 2 tablespoons paprika smoked
- ☐ 4 to 5 rolls split french

Equipment

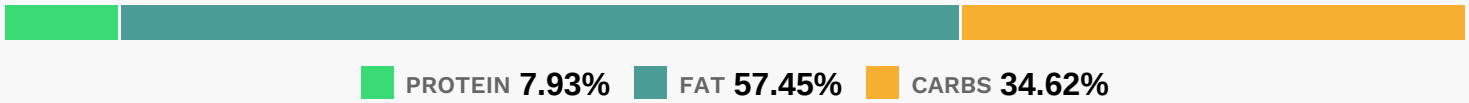
- ☐ bowl
- ☐ paper towels
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat a deep-fryer or heavy-bottomed pot, with enough peanut oil to come halfway up the sides of the pot, to 350 degrees F.
- ☐ Mix all ingredients in a bowl and set aside.
- ☐ Mix the flour, smoked paprika, cayenne, salt and pepper, to taste, in a shallow bowl.
- ☐ Add the eggs to another bowl and the bread crumbs to a third bowl. Dredge the oysters in the flour mixture, then in egg and then in bread crumbs. Arrange the breaded oysters on a platter lined with parchment. Fry the oysters, in batches, until crisp and light brown, about 1 to 2 minutes
- ☐ Remove to a paper towel lined platter and season with salt and pepper and a dash of lemon juice.
- ☐ Spread mayonnaise and relish on the bottoms of the rolls.

Add 4 to 5 oysters to each roll and top with a few leaves of arugula. Cover with the roll tops and serve.

Nutrition Facts



Properties

Glycemic Index:97.8, Glycemic Load:33.4, Inflammation Score:-9, Nutrition Score:23.055652245231%

Flavonoids

Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 1.84mg, Hesperetin: 1.84mg, Hesperetin: 1.84mg, Hesperetin: 1.84mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 705.56kcal (35.28%), Fat: 45.17g (69.48%), Saturated Fat: 7.32g (45.76%), Carbohydrates: 61.25g (20.42%), Net Carbohydrates: 57.05g (20.74%), Sugar: 7.24g (8.04%), Cholesterol: 120.94mg (40.31%), Sodium: 682.35mg (29.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.02g (28.04%), Vitamin K: 97.34µg (92.71%), Iron: 12.11mg (67.26%), Vitamin A: 2231.2IU (44.62%), Selenium: 22.49µg (32.13%), Manganese: 0.5mg (25.03%), Vitamin E: 3.73mg (24.9%), Vitamin B1: 0.37mg (24.56%), Folate: 96.43µg (24.11%), Vitamin C: 18.51mg (22.44%), Zinc: 3.26mg (21.76%), Vitamin B2: 0.37mg (21.68%), Fiber: 4.2g (16.81%), Copper: 0.32mg (15.99%), Vitamin B3: 2.96mg (14.8%), Phosphorus: 147.8mg (14.78%), Vitamin B12: 0.83µg (13.76%), Vitamin B6: 0.26mg (13%), Potassium: 344.89mg (9.85%), Vitamin B5: 0.89mg (8.91%), Calcium: 87.75mg (8.78%), Magnesium: 32.92mg (8.23%), Vitamin D: 0.63µg (4.17%)