

Oyster Po'Boy

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



329 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce un loaf bread french
- ☐ 1.5 teaspoons cajun spice
- ☐ 3 tablespoons dijon mustard
- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 16 ounce select oysters drained well
- ☐ 1.5 cups romaine lettuce thinly sliced
- ☐ 1 medium tomatoes thinly sliced

- ☐ 1 tablespoon vegetable oil divided
- ☐ 0.3 cup cornmeal white

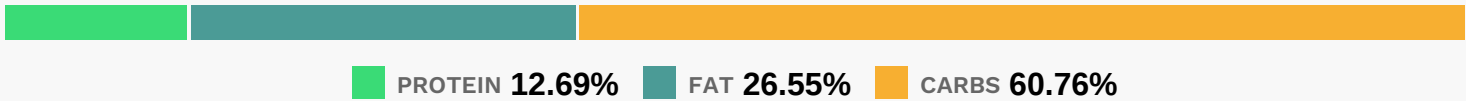
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 3 ingredients in a bowl; stir well. Dredge oysters in cornmeal mixture.
- ☐ Coat a large nonstick skillet with cooking spray, and place over medium heat until hot; add 1 1/2 teaspoons oil.
- ☐ Add half of oysters, and cook 3 minutes on each side or until oysters are done and breading is golden. Repeat with remaining oil and oysters.
- ☐ Cut bread in half horizontally, and spread mayonnaise and mustard evenly over cut sides of bread. Arrange lettuce and tomato slices over bottom half of loaf. Top with cooked oysters and top half of loaf.
- ☐ Cut loaf into 4 pieces.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.38, Glycemic Load:23.06, Inflammation Score:-9, Nutrition Score:19.72347810994%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 329.17kcal (16.46%), Fat: 9.81g (15.09%), Saturated Fat: 1.64g (10.23%), Carbohydrates: 50.5g (16.83%), Net Carbohydrates: 45.99g (16.72%), Sugar: 5.2g (5.77%), Cholesterol: 6.78mg (2.26%), Sodium: 660.36mg (28.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.55g (21.1%), Vitamin A: 2183.47IU (43.67%), Vitamin B1: 0.58mg (38.78%), Zinc: 5.81mg (38.75%), Selenium: 25.02µg (35.75%), Vitamin K: 36.19µg (34.47%), Manganese: 0.62mg (31.06%), Folate: 114.7µg (28.68%), Copper: 0.51mg (25.27%), Iron: 4.29mg (23.82%), Vitamin B3: 4.18mg (20.92%), Vitamin B2: 0.34mg (20.06%), Fiber: 4.51g (18.06%), Vitamin B12: 1.02µg (17.06%), Phosphorus: 151.76mg (15.18%), Magnesium: 53.48mg (13.37%), Vitamin B6: 0.21mg (10.7%), Potassium: 315.09mg (9%), Vitamin E: 1.3mg (8.69%), Calcium: 72.64mg (7.26%), Vitamin B5: 0.71mg (7.07%), Vitamin C: 4.97mg (6.02%)