



## Oyster Po'boys with Creamy Slaw

READY IN



20 min.

SERVINGS



4

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 teaspoon apple cider vinegar
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 cups cabbage thinly sliced
- ☐ 3 teaspoons canola oil divided
- ☐ 1 small carrots shredded peeled
- ☐ 0.3 cup flour all-purpose
- ☐ 1 green onion thinly sliced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 cup buttermilk low-fat

- ☐ 2 tablespoons mayonnaise reduced-fat
- ☐ 2 teaspoons paprika
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce shucked oysters drained
- ☐ 24 inch rolls whole wheat split toasted
- ☐ 0.3 cup cornmeal yellow

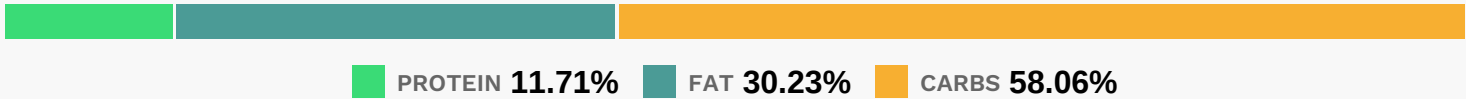
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil

## Directions

- ☐ Combine first 7 ingredients in a medium bowl. Cover and chill slaw until ready to serve.
- ☐ Combine 1/2 teaspoon salt and next 3 ingredients in a medium bowl.
- ☐ Combine cornmeal, flour, and paprika in a shallow dish. Dip oysters in buttermilk mixture, and dredge in cornmeal mixture.
- ☐ Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat. Saut oysters, in 2 batches, 2 to 3 minutes on each side or until golden brown.
- ☐ Transfer to a plate; cover with foil to keep warm. Repeat with remaining oil and oysters.
- ☐ Fill each roll with 1/2 cup slaw; top evenly with oysters.

## Nutrition Facts



## Properties

Glycemic Index:96.33, Glycemic Load:12.51, Inflammation Score:-9, Nutrition Score:17.367391130199%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 205.01kcal (10.25%), Fat: 7.01g (10.79%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 30.31g (10.1%), Net Carbohydrates: 26.52g (9.64%), Sugar: 4.16g (4.62%), Cholesterol: 8.52mg (2.84%), Sodium: 544.62mg (23.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.22%), Vitamin A: 2690.78IU (53.82%), Zinc: 7.55mg (50.32%), Vitamin K: 42.03µg (40.03%), Copper: 0.59mg (29.64%), Vitamin B12: 1.52µg (25.38%), Manganese: 0.47mg (23.48%), Selenium: 13.21µg (18.88%), Vitamin C: 14.32mg (17.36%), Vitamin B1: 0.24mg (15.71%), Folate: 62.62µg (15.65%), Iron: 2.76mg (15.32%), Fiber: 3.79g (15.16%), Vitamin B2: 0.19mg (10.95%), Phosphorus: 108.66mg (10.87%), Vitamin B3: 2.12mg (10.59%), Vitamin B6: 0.19mg (9.64%), Magnesium: 36.38mg (9.1%), Vitamin E: 1.36mg (9.05%), Potassium: 263.21mg (7.52%), Calcium: 67.95mg (6.79%), Vitamin B5: 0.42mg (4.19%)