



Pan-Seared Shrimp Po' Boys

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons cajun spice salt-free
- ☐ 1 teaspoon capers chopped
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon hot sauce hot (such as Tabasco)
- ☐ 4 slices onion red thin
- ☐ 0.5 cup the of 1 cos lettuce shredded
- ☐ 1 tablespoon shallots chopped

- ☐ 1 pound shrimp deveined peeled
- ☐ 10 ounce portugese rolls
- ☐ 2 tablespoons pickle relish sweet
- ☐ 8 slices tomato thin

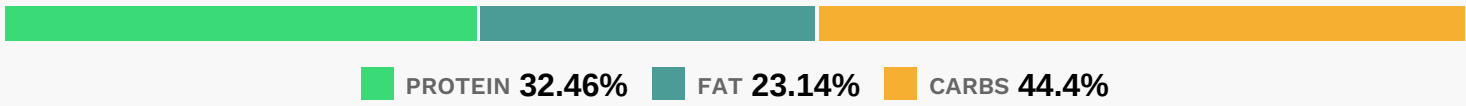
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients in a small bowl.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Combine shrimp and Cajun seasoning in a bowl; toss well.
- ☐ Add olive oil to pan, and swirl to coat.
- ☐ Add shrimp to pan; cook 2 minutes on each side or until done.
- ☐ Cut each roll in half horizontally. Top bottom half of each roll with 2 tablespoons lettuce, 2 tomato slices, 1 onion slice, and one quarter of shrimp.
- ☐ Spread top half of each roll with about 2 tablespoons mayonnaise mixture; place on top of sandwich.
- ☐ Combine 4 cups shredded green cabbage and 1 cup shredded carrot in a large bowl.
- ☐ Combine 3 tablespoons reduced-fat mayonnaise, 1 tablespoon cider vinegar, and 1/4 teaspoon celery seeds in a small bowl.
- ☐ Add mayonnaise mixture to cabbage mixture; stir well.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:23.35, Inflammation Score:-6, Nutrition Score:10.014347695786%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 352.19kcal (17.61%), Fat: 9.09g (13.99%), Saturated Fat: 1.07g (6.66%), Carbohydrates: 39.25g (13.08%), Net Carbohydrates: 37.36g (13.58%), Sugar: 8.17g (9.07%), Cholesterol: 185.56mg (61.85%), Sodium: 664.57mg (28.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.7g (57.4%), Iron: 11.61mg (64.52%), Phosphorus: 256.76mg (25.68%), Copper: 0.47mg (23.61%), Vitamin K: 24.5µg (23.33%), Vitamin A: 1003.67IU (20.07%), Magnesium: 44.92mg (11.23%), Zinc: 1.63mg (10.85%), Potassium: 372.75mg (10.65%), Calcium: 88.54mg (8.85%), Fiber: 1.89g (7.56%), Vitamin E: 0.99mg (6.57%), Manganese: 0.09mg (4.45%), Folate: 13.12µg (3.28%), Vitamin C: 2.04mg (2.47%), Vitamin B6: 0.05mg (2.47%), Vitamin B2: 0.02mg (1.25%), Vitamin B1: 0.02mg (1.14%)