



Quick Shrimp Po' Boy

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large crusty baguette
- ☐ 4 cups coleslaw mix (from a 16-ounce bag)
- ☐ 0.5 cup ranch dressing
- ☐ 16 ounce shrimp frozen
- ☐ 2 medium tomatoes sliced

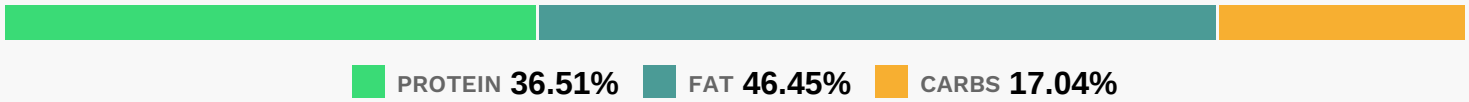
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Bake the shrimp according to the package directions. Meanwhile, in a large bowl, combine the coleslaw mix and dressing.
- ☐ Cut the baguette crosswise into 4 pieces and split each in half lengthwise.
- ☐ Layer the bottoms with the coleslaw and tomatoes. Divide the shrimp evenly among each and top with the remaining bread.

Nutrition Facts



Properties

Glycemic Index:38.44, Glycemic Load:4.12, Inflammation Score:-6, Nutrition Score:15.140434890338%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 273.38kcal (13.67%), Fat: 14.33g (22.04%), Saturated Fat: 2.28g (14.28%), Carbohydrates: 11.83g (3.94%), Net Carbohydrates: 9.18g (3.34%), Sugar: 5.62g (6.24%), Cholesterol: 190.37mg (63.46%), Sodium: 467.27mg (20.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.34g (50.68%), Vitamin K: 98.48µg (93.79%), Vitamin C: 34.05mg (41.27%), Phosphorus: 338.56mg (33.86%), Copper: 0.51mg (25.39%), Potassium: 592.63mg (16.93%), Magnesium: 58.3mg (14.58%), Manganese: 0.27mg (13.35%), Zinc: 1.86mg (12.4%), Calcium: 123mg (12.3%), Folate: 48.55µg (12.14%), Vitamin A: 592.29IU (11.85%), Fiber: 2.65g (10.58%), Iron: 1.43mg (7.96%), Vitamin B6: 0.15mg (7.64%), Vitamin B1: 0.11mg (7.57%), Vitamin E: 1.12mg (7.5%), Vitamin B2: 0.09mg (5.29%), Vitamin B5: 0.47mg (4.71%), Vitamin B3: 0.89mg (4.43%), Selenium: 2.55µg (3.64%)