



Shorty Shrimp Po'boys

READY IN



25 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce bread baguette french
- ☐ 0.5 teaspoon ground pepper red
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 cups lettuce green thinly sliced
- ☐ 2 tablespoons buttermilk low-fat divided
- ☐ 1 tablespoon canola mayonnaise
- ☐ 0.8 pound shrimp deveined peeled
- ☐ 8 slices tomatoes (1/4-inch-thick)
- ☐ 1 tablespoon water

- ☐ 1.5 teaspoons whole-grain mustard
- ☐ 0.3 cup cornmeal yellow

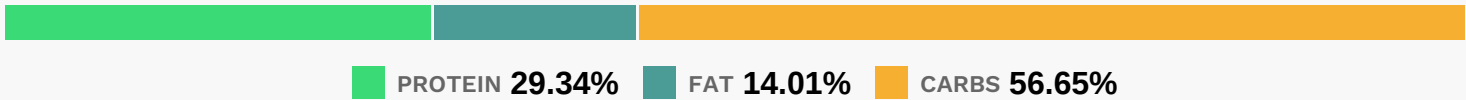
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Place a baking sheet in oven. Preheat oven to 450 (leave pan in oven).
- ☐ Combine 1 tablespoon buttermilk, mayonnaise, and next 4 ingredients (through pepper), stirring with a whisk. Set aside.
- ☐ Combine remaining 1 tablespoon buttermilk and shrimp in a bowl; toss to coat.
- ☐ Sprinkle with cornmeal; toss to coat. Carefully remove preheated pan from oven. Arrange shrimp in a single layer on pan. Lightly coat shrimp with cooking spray.
- ☐ Bake at 450 for 8 minutes or until done.
- ☐ Cut bread pieces through the top, cutting to, but not through, the bottom. Hollow out bread, leaving a 1/2-inch-thick shell.
- ☐ Combine 2 tablespoons mayonnaise mixture and lettuce; toss to coat. Divide lettuce mixture, tomatoes, shrimp, and remaining mayonnaise mixture among bread pieces.

Nutrition Facts



Properties

Glycemic Index:75.25, Glycemic Load:38.94, Inflammation Score:-9, Nutrition Score:19.992608594668%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 383.49kcal (19.17%), Fat: 6.02g (9.26%), Saturated Fat: 1.13g (7.07%), Carbohydrates: 54.79g (18.26%), Net Carbohydrates: 50.95g (18.53%), Sugar: 6.14g (6.82%), Cholesterol: 138.7mg (46.23%), Sodium: 675.58mg (29.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.38g (56.76%), Vitamin B1: 0.67mg (44.94%), Vitamin A: 1894.03IU (37.88%), Selenium: 25.92µg (37.03%), Manganese: 0.66mg (32.87%), Phosphorus: 322.21mg (32.22%), Vitamin K: 33.5µg (31.91%), Folate: 124.37µg (31.09%), Copper: 0.53mg (26.39%), Iron: 4.43mg (24.6%), Vitamin B2: 0.41mg (24.3%), Vitamin B3: 4.77mg (23.86%), Magnesium: 78.22mg (19.56%), Zinc: 2.51mg (16.75%), Potassium: 541.38mg (15.47%), Fiber: 3.84g (15.37%), Vitamin C: 10.3mg (12.48%), Calcium: 121.93mg (12.19%), Vitamin B6: 0.22mg (11.02%), Vitamin E: 0.75mg (5%), Vitamin B5: 0.45mg (4.51%)