



Shrimp and Fish Po' Boys

READY IN



30 min.

SERVINGS



4

CALORIES



916 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 baguette cut into quarters
- 0.5 teaspoon pepper black freshly ground
- 0.5 teaspoon cayenne pepper
- 0.5 cup cornmeal
- 0.5 teaspoon thyme leaves dried
- 0.8 cup flour all-purpose
- 1 clove garlic pressed
- 1 teaspoon garlic powder
- 4 servings hot sauce for serving

- 4 servings iceberg lettuce shredded for serving
- 0.5 juice of lemon
- 0.3 cup mayo
- 1 teaspoon salt plus more for sprinkling
- 8 ounces shrimp deveined peeled
- 10 ounce tilapia fillets
- 4 servings tomatoes sliced for serving
- 3 cups vegetable oil as needed
- 0.3 cup milk whole

Equipment

- bowl
- paper towels
- whisk
- pot
- baking pan
- kitchen thermometer
- chopsticks

Directions

- Watch how to make this recipe.
- For the shrimp and fish: Attach a deep-fry thermometer to the side of a heavy wide pot. Fill the pot 2 inches full with the oil.
- Heat to 350 degrees F over medium heat.
- Whisk the garlic powder, cayenne, thyme, salt and pepper in a large bowl. Toss the shrimp and tilapia with the spice mixture and stir to coat.
- Pour the milk over the fish and shrimp.
- Whisk the flour and cornmeal in a baking dish. Working in batches, toss the shrimp and tilapia in the flour mixture and then carefully place into the pot. Fry the shrimp and tilapia, stirring occasionally, until golden brown and just cooked through, about 4 minutes each batch.

- Transfer the shrimp and tilapia to paper towels to drain.
- Sprinkle the shrimp and tilapia with salt immediately after frying.
- For the creamy garlic spread: Blend the mayo, garlic, zest and lemon juice in a bowl.
- Cut open the baguettes longwise, three-quarters of the way through the bread.
- Spread the cut sides with the creamy garlic spread. Divide the shrimp and tilapia among the baguettes and top with lettuce, tomato and hot sauce, if using.

Nutrition Facts



Properties

Glycemic Index:118.06, Glycemic Load:45.03, Inflammation Score:-9, Nutrition Score:35.190869621609%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 915.96kcal (45.8%), Fat: 52.31g (80.48%), Saturated Fat: 8.6g (53.72%), Carbohydrates: 74.34g (24.78%), Net Carbohydrates: 67.02g (24.37%), Sugar: 10.78g (11.98%), Cholesterol: 136.39mg (45.46%), Sodium: 1218.89mg (53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.26g (78.51%), Vitamin K: 132.03µg (125.74%), Selenium: 50.65µg (72.36%), Vitamin B1: 0.76mg (50.49%), Manganese: 1.01mg (50.46%), Folate: 189.06µg (47.26%), Phosphorus: 457.49mg (45.75%), Vitamin B3: 8.72mg (43.59%), Vitamin A: 2093.62IU (41.87%), Vitamin C: 29.17mg (35.36%), Vitamin E: 5.08mg (33.85%), Potassium: 1134.45mg (32.41%), Iron: 5.69mg (31.6%), Fiber: 7.31g (29.26%), Copper: 0.58mg (28.86%), Magnesium: 111.79mg (27.95%), Vitamin B2: 0.47mg (27.43%), Vitamin B6: 0.53mg (26.53%), Vitamin B12: 1.22µg (20.41%), Zinc: 2.85mg (18.99%), Calcium: 174.36mg (17.44%), Vitamin D: 2.4µg (16.01%), Vitamin B5: 1.15mg (11.51%)