



Shrimp Po Boy Sandwich



Dairy Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



1039 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound shrimp with tails removed shelled deveined
- ☐ 0.8 cup cornmeal fine
- ☐ 0.8 cup flour
- ☐ 1 Tbsp cajun spice
- ☐ 1 teaspoon salt
- ☐ 2 eggs beaten
- ☐ 4 servings vegetable oil; peanut oil preferred for frying
- ☐ 0.5 head iceberg lettuce shredded

- ☐ 2 tomatoes sliced
- ☐ 4 small sandwich rolls french
- ☐ 0.3 cup mustard
- ☐ 1.3 cups mayo
- ☐ 2 teaspoons horseradish prepared
- ☐ 1 teaspoon juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer)
- ☐ 1 teaspoon hot sauce (Crystal, Tabasco, etc)
- ☐ 1 large garlic clove minced smashed
- ☐ 1 Tbsp paprika sweet
- ☐ 1 teaspoons cajun spice

Equipment

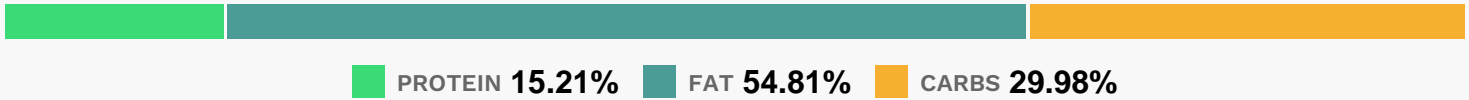
- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Make the remoulade sauce: If you are making your own remoulade, mix all the ingredients together in a bowl and set aside for 30 minutes or so; you don't have to wait that long, but the sauce will be better over time.
- ☐ Heat oil in pan:
- ☐ Pour enough peanut oil in a large frying pan to come up about 1/4 inch, and set the pan over medium-high heat until a small amount of flour sizzles immediately when you drop some in.
- ☐ Mix the cornmeal, flour, Cajun seasoning and salt in a large bowl. Working with a few at a time, dredge the shrimp in the egg, then in the cornmeal-flour mixture.
- ☐ Fry shrimp: Shake off any excess breading and fry the shrimp until golden on both sides, about 2 minutes total. Set the fried shrimp aside on paper towels to drain.
- ☐ Assemble sandwiches: To assemble the sandwiches, slice the sandwich loaves almost all the way through and smear remoulade on both the top and bottom.

- ☐
- Lay down a layer of shredded lettuce on the bottom of the sandwich, then arrange the shrimp on top.
- ☐
- Lay 3–4 slices of tomato on the shrimp and press the top of the bread down on the bottom, compressing the sandwich a little.
- ☐
- Serve at once with hot sauce and a beer.

Nutrition Facts



Properties

Glycemic Index:101.38, Glycemic Load:27.42, Inflammation Score:-10, Nutrition Score:33.348260879517%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 1039.32kcal (51.97%), Fat: 63.54g (97.76%), Saturated Fat: 10.32g (64.47%), Carbohydrates: 78.2g (26.07%), Net Carbohydrates: 69.76g (25.37%), Sugar: 5.81g (6.46%), Cholesterol: 293.81mg (97.94%), Sodium: 1743.02mg (75.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.69g (79.37%), Vitamin K: 139.23µg (132.6%), Selenium: 46.17µg (65.96%), Vitamin A: 2973.14IU (59.46%), Phosphorus: 509.8mg (50.98%), Manganese: 0.96mg (48.07%), Vitamin B1: 0.66mg (43.77%), Folate: 154.31µg (38.58%), Copper: 0.77mg (38.43%), Iron: 6.53mg (36.27%), Fiber: 8.44g (33.77%), Vitamin E: 4.99mg (33.26%), Vitamin B2: 0.54mg (31.68%), Magnesium: 122.38mg (30.6%), Vitamin B3: 5.5mg (27.52%), Zinc: 4.04mg (26.94%), Potassium: 891.24mg (25.46%), Vitamin B6: 0.43mg (21.73%), Calcium: 190.27mg (19.03%), Vitamin C: 12.01mg (14.56%), Vitamin B5: 1.24mg (12.41%), Vitamin B12: 0.28µg (4.66%), Vitamin D: 0.58µg (3.87%)