



Shrimp Po' Boy with Horseradish Remoulade

READY IN



30 min.

SERVINGS



4

CALORIES



785 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.5 cup buttermilk
- ☐ 1 tablespoon capers
- ☐ 1 cup cherry tomatoes sliced into rounds
- ☐ 1 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 tablespoon horseradish
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 tablespoon juice of lemon

- ☐ 8 leaves lettuce green
- ☐ 0.5 cups mayonnaise
- ☐ 0.5 onion red thinly sliced
- ☐ 1 teaspoon seafood seasoning such as old bay
- ☐ 0.5 medium shallots cut into chunks 1/4 cup
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 1 tablespoon sriracha
- ☐ 2 teaspoons sriracha
- ☐ 1 teaspoon mustard stone-ground
- ☐ 4 hoagie rolls with butter and slightly toasted in the oven soft
- ☐ 1 tablespoon relish sweet
- ☐ 4 servings vegetable oil for frying
- ☐ 0.7 cup cornmeal yellow

Equipment

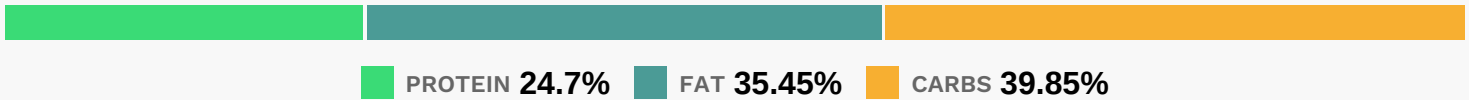
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Fill a Dutch oven halfway with oil and heat to 375 degrees F.
- ☐ Whisk the flour, cornmeal, seafood seasoning and sprinkle with salt and pepper in a small bowl and set aside. In another small bowl, whisk the buttermilk, Sriracha and egg and set aside.
- ☐ Place the shrimp into the buttermilk mixture, let the excess drip off, then dredge in the flour mixture and shake off any excess.

- ☐ Place the shrimp onto a wire-racked baking sheet. Repeat until all shrimp are breaded. Fry the shrimp in batches, not overcrowding the oil, until golden brown and cooked through, 2 to 4 minutes.
- ☐ Place the shrimp onto a paper-towel-lined-plate. Repeat until all the shrimp are fried.
- ☐ Sprinkle with salt and pepper.
- ☐ Spread both sides of the rolls heavily with the Horseradish Remoulade.
- ☐ Place the shrimp on top and then the tomatoes, lettuce and some onions. Eat away!
- ☐ Add the mayonnaise, capers, Sriracha, horseradish, lemon juice, relish, vinegar, mustard, shallots and sprinkle with salt and pepper in a food processor. Blend until slightly chunky. Adjust seasoning if necessary.

Nutrition Facts



Properties

Glycemic Index:115.38, Glycemic Load:48.49, Inflammation Score:-9, Nutrition Score:27.281304317972%

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: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg

Nutrients (% of daily need)

Calories: 784.8kcal (39.24%), Fat: 30.91g (47.55%), Saturated Fat: 5.15g (32.21%), Carbohydrates: 78.18g (26.06%), Net Carbohydrates: 72.65g (26.42%), Sugar: 10.06g (11.18%), Cholesterol: 329.84mg (109.95%), Sodium: 1182.73mg (51.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.46g (96.92%), Vitamin K: 96.55µg (91.96%), Iron: 14.56mg (80.89%), Phosphorus: 532.08mg (53.21%), Vitamin A: 2528.39IU (50.57%), Copper: 0.85mg (42.43%), Manganese: 0.59mg (29.49%), Magnesium: 111.06mg (27.76%), Zinc: 3.78mg (25.19%), Potassium: 819.18mg (23.41%), Vitamin C: 18.93mg (22.94%), Selenium: 15.73µg (22.47%), Vitamin B1: 0.33mg (22.26%), Fiber: 5.53g (22.11%), Folate: 83.99µg (21%), Calcium: 191.92mg (19.19%), Vitamin B2: 0.29mg (17.35%), Vitamin B6: 0.3mg (15.12%), Vitamin B3: 2.48mg (12.39%), Vitamin E: 1.74mg (11.57%), Vitamin B5: 0.72mg (7.23%), Vitamin B12: 0.27µg (4.49%), Vitamin D: 0.67µg (4.44%)