



Shrimp Po' Boy with Oyster Shooter on the Side

READY IN



20 min.

SERVINGS



1

CALORIES



1611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 avocado sliced
- ☐ 0.5 teaspoon cajun spice
- ☐ 2 teaspoons canola oil
- ☐ 1 teaspoon asian chili sauce such as sriracha, to taste
- ☐ 1 tablespoon optional: dill chopped
- ☐ 1 crusty po' boy loaf whole wheat split toasted canned you can always use instead
- ☐ 1 Dash horseradish shaved
- ☐ 1 juice of lime

- ☐ 0.3 teaspoon kosher salt
- ☐ 1 serving lemon wedges for squeezing
- ☐ 0.3 cup mayonnaise light
- ☐ 1 oyster raw
- ☐ 6 large shrimp peeled
- ☐ 2 slices tomatoes halved
- ☐ 60 ml sacramento tomato juice low-sodium I recommend using
- ☐ 30 ml vodka

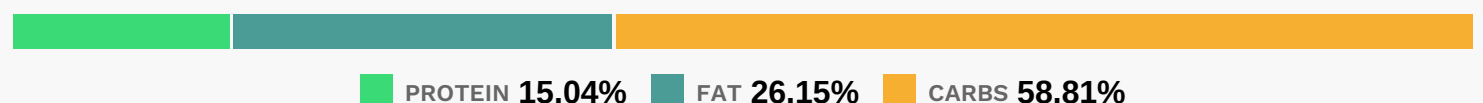
Equipment

- ☐ bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat an outdoor grill or grill pan over medium heat.
- ☐ Toss the shrimp with the canola oil, Cajun seasoning and salt. Grill until opaque, about 2 minutes per side.
- ☐ Remove from the grill.
- ☐ In a small bowl, mix together the mayonnaise, dill, chili sauce and lime juice and zest.
- ☐ To assemble the sandwich, spread the spicy mayonnaise on both sides of the bread. Fill with the grilled shrimp, tomato halves, sliced avocado and lettuce. Slice in half on the diagonal and serve. Also, try it without the bread and put the fillings into the Bibb lettuce!
- ☐ Place the oyster in a shot glass and top with the desired amount of vodka.
- ☐ Add the tomato juice and a dash of horseradish and squeeze the lemon over top.

Nutrition Facts



Properties

Glycemic Index:295.33, Glycemic Load:162.14, Inflammation Score:-10, Nutrition Score:57.00391292572%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 1610.87kcal (80.54%), Fat: 45.53g (70.05%), Saturated Fat: 6.89g (43.08%), Carbohydrates: 230.38g (76.79%), Net Carbohydrates: 213.3g (77.56%), Sugar: 26.14g (29.04%), Cholesterol: 106.12mg (35.37%), Sodium: 3614.03mg (157.13%), Alcohol: 10.16g (100%), Alcohol %: 1.59% (100%), Protein: 58.93g (117.86%), Vitamin B1: 2.98mg (198.57%), Selenium: 116.9µg (167%), Folate: 601.39µg (150.35%), Manganese: 2.4mg (120.03%), Vitamin B2: 1.89mg (111.37%), Vitamin B3: 22.02mg (110.09%), Iron: 17.38mg (96.56%), Fiber: 17.09g (68.35%), Phosphorus: 646.67mg (64.67%), Vitamin K: 66.63µg (63.46%), Copper: 1.18mg (59.02%), Magnesium: 197.6mg (49.4%), Vitamin C: 39.65mg (48.06%), Vitamin E: 6.5mg (43.35%), Zinc: 6.47mg (43.13%), Potassium: 1486.09mg (42.46%), Vitamin B6: 0.84mg (42.13%), Vitamin B5: 3.04mg (30.36%), Vitamin A: 1486.34IU (29.73%), Calcium: 283.71mg (28.37%), Vitamin B12: 0.12µg (2.04%)