



Shrimp Po' Boys

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons creole seasoning divided
- 1 cup lettuce shredded
- 2 tablespoons mayonnaise light
- 1 teaspoon olive oil
- 1.3 pounds shrimp deveined peeled
- 13 ounce un rolls french (such as Earth Grains Rolls)
- 1 inch tomatoes
- 1 cup onion yellow sliced

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 37
- Combine mayonnaise and 1/2 teaspoon Creole seasoning in a small bowl; cover and chill.
- Split rolls lengthwise, cutting to, but not through, other side.
- Place on a baking sheet; coat insides of rolls with cooking spray.
- Bake at 375 for 4 minutes or until lightly toasted. Set aside.
- Sprinkle 1 teaspoon Creole seasoning over shrimp; set aside.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion; saut 4 minutes.
- Add shrimp; saut 4 minutes or until shrimp are done.
- Spread mayonnaise mixture evenly over cut sides of rolls; top each evenly with lettuce and tomato. Spoon shrimp mixture over tomato.
- Serve immediately.

Nutrition Facts



PROTEIN 36.95% FAT 14.53% CARBS 48.52%

Properties

Glycemic Index:50.5, Glycemic Load:30.8, Inflammation Score:-4, Nutrition Score:10.921739083269%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin:

0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg

Nutrients (% of daily need)

Calories: 391.82kcal (19.59%), Fat: 6.33g (9.74%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 47.56g (15.85%), Net Carbohydrates: 45.07g (16.39%), Sugar: 8.01g (8.9%), Cholesterol: 229.33mg (76.44%), Sodium: 609.85mg (26.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.22g (72.43%), Iron: 14.79mg (82.17%), Phosphorus: 321.94mg (32.19%), Copper: 0.58mg (28.94%), Magnesium: 56.22mg (14.06%), Potassium: 476.78mg (13.62%), Zinc: 2.02mg (13.46%), Calcium: 113.05mg (11.31%), Fiber: 2.49g (9.96%), Vitamin K: 9.51µg (9.06%), Vitamin A: 413.42IU (8.27%), Manganese: 0.14mg (6.85%), Vitamin C: 4.12mg (5%), Vitamin E: 0.56mg (3.77%), Vitamin B6: 0.07mg (3.73%), Folate: 13.99µg (3.5%), Vitamin B1: 0.03mg (1.94%), Vitamin B2: 0.02mg (1.31%)