



Shrimp Po' Boys With Remoulade Slaw

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups d cabbage-and-carrot coleslaw
- ☐ 1 tablespoon dijon mustard
- ☐ 2 teaspoons flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 2 tablespoons green onions chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1.3 pounds shrimp

- ☐ 2 tablespoons mayonnaise light
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 9 ounce submarine rolls split
- ☐ 1.5 tablespoons relish sweet
- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 3 tablespoons cornmeal yellow

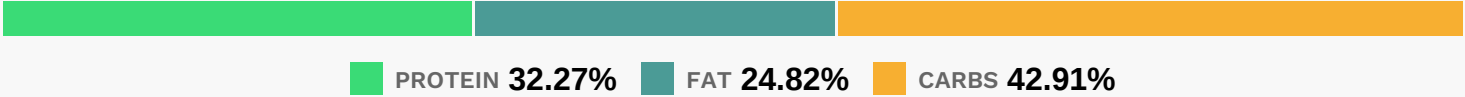
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 7 ingredients.
- ☐ Pour over slaw; toss gently to coat. Set aside.
- ☐ Peel and devein shrimp.
- ☐ Combine shrimp and garlic in a large zip-top plastic bag; shake to coat.
- ☐ Combine cornmeal and next 3 ingredients in a medium bowl.
- ☐ Add to shrimp; shake until well-coated.
- ☐ Coat a jelly-roll pan evenly with oil; place in oven for 3 minutes or until very hot. Arrange shrimp on pan in a single layer.
- ☐ Bake at 450 for 3 minutes; turn and bake an additional 1 minute or until golden.
- ☐ Remove shrimp from pan.
- ☐ Spoon slaw mixture evenly over bottom halves of rolls; top each with 4 shrimp. Cover with top halves of rolls.

Nutrition Facts



Properties

Glycemic Index:70.22, Glycemic Load:18.18, Inflammation Score:-10, Nutrition Score:13.883478320163%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 290.67kcal (14.53%), Fat: 8.06g (12.41%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 31.36g (10.45%), Net Carbohydrates: 28.47g (10.35%), Sugar: 6.57g (7.3%), Cholesterol: 152.89mg (50.96%), Sodium: 713.23mg (31.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.58g (47.17%), Vitamin A: 9071.49IU (181.43%), Iron: 7.42mg (41.21%), Vitamin K: 27.94µg (26.61%), Phosphorus: 240.85mg (24.09%), Copper: 0.42mg (21.03%), Potassium: 462.01mg (13.2%), Magnesium: 47.89mg (11.97%), Fiber: 2.9g (11.58%), Zinc: 1.62mg (10.77%), Manganese: 0.19mg (9.47%), Calcium: 89.95mg (9%), Vitamin E: 1.28mg (8.52%), Vitamin B6: 0.13mg (6.41%), Vitamin C: 5.01mg (6.08%), Vitamin B1: 0.07mg (4.37%), Folate: 15.88µg (3.97%), Vitamin B3: 0.75mg (3.74%), Vitamin B2: 0.05mg (2.73%), Selenium: 1.78µg (2.55%), Vitamin B5: 0.2mg (2.02%)