



## Shrimp Po' Bubba's

READY IN



27 min.

SERVINGS



6

CALORIES



723 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 1 cup cornmeal
- ☐ 3 eggs
- ☐ 0.5 cup louisiana hot sauce recommended: Texas Pete
- ☐ 6 servings vegetable oil; peanut oil preferred for deep frying
- ☐ 1 teaspoon salt
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 6 cups self-rising flour
- ☐ 2 pounds shrimp deveined uncooked peeled tails left on

- ☐ 6 servings tartar sauce for dressing
- ☐ 1 slices lettuce and tomato for topping
- ☐ 0.3 cup water
- ☐ 1 container mix ingredients together and store in an airtight container for up to 4 months.
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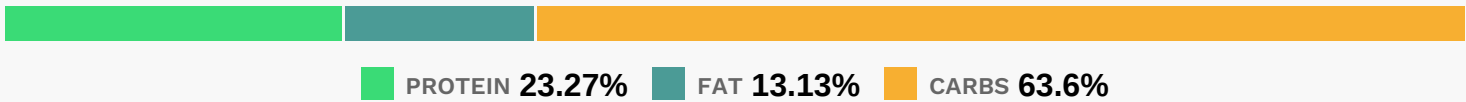
## Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ sieve
- ☐ slotted spoon
- ☐ dutch oven

## Directions

- ☐ Lightly sprinkle the shrimp with salt and pepper. In a small bowl mix the eggs, 1/4 cup water and hot sauce.
- ☐ Place the fry mix in a shallow dish. Dip each shrimp in the egg mixture and then into the fry mix.
- ☐ Heat 3 to 4-inches of peanut oil in a Dutch oven or deep-fryer) to 350 degrees F.
- ☐ Place the shrimp in the pot and fry until golden brown, about 2 minutes.
- ☐ Remove with a clean strainer or slotted spoon and drain on paper towels for a minute.
- ☐ Serve on a toasted hoagie roll with tartar sauce, lettuce and tomatoes.

## Nutrition Facts



## Properties

Glycemic Index:39.58, Glycemic Load:70.36, Inflammation Score:-6, Nutrition Score:24.857391170833%

## Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 722.78kcal (36.14%), Fat: 10.32g (15.87%), Saturated Fat: 1.97g (12.3%), Carbohydrates: 112.45g (37.48%), Net Carbohydrates: 106.73g (38.81%), Sugar: 1.3g (1.44%), Cholesterol: 272.42mg (90.81%), Sodium: 1814.23mg (78.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.13g (82.26%), Selenium: 102.75µg (146.79%), Manganese: 1.28mg (64.11%), Phosphorus: 597.49mg (59.75%), Vitamin B12: 1.87µg (31.24%), Copper: 0.6mg (29.94%), Vitamin B6: 0.52mg (26.01%), Zinc: 3.67mg (24.48%), Magnesium: 97.91mg (24.48%), Vitamin B3: 4.69mg (23.46%), Fiber: 5.72g (22.88%), Folate: 91.33µg (22.83%), Vitamin E: 3.33mg (22.23%), Vitamin C: 15.6mg (18.91%), Vitamin B5: 1.54mg (15.44%), Iron: 2.78mg (15.43%), Vitamin B1: 0.23mg (15.2%), Vitamin B2: 0.24mg (14.19%), Potassium: 457.53mg (13.07%), Calcium: 119.07mg (11.91%), Vitamin A: 467.36IU (9.35%), Vitamin D: 0.59µg (3.94%), Vitamin K: 3.02µg (2.87%)