



Shrimp Po'Boy

READY IN



45 min.

SERVINGS



4

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 cup buttermilk
- 1 teaspoon ground pepper
- 1 cup cornmeal
- 4 servings dill pickles
- 0.5 teaspoon thyme dried
- 1.5 cups flour all-purpose
- 1 teaspoon garlic powder
- 4 servings lettuce shredded

- 2.5 teaspoons kosher salt
- 0.5 teaspoon onion powder
- 0.5 teaspoon oregano dried
- 1 teaspoon paprika
- 1.5 pounds shrimp deveined peeled (36)
- 4 servings tomatoes sliced
- 4 servings vegetable oil for frying

Equipment

- bowl
- whisk
- pot
- kitchen thermometer

Directions

- Whisk first 8 ingredients in a small bowl to blend.
- Attach a deep-fry thermometer to side of a heavy wide pot.
- Add enough oil to measure 2".
- Heat over medium heat to 350°.
- Meanwhile, place shrimp and 2 tablespoons spice mix in a medium bowl and toss to coat.
- Pour buttermilk into another medium bowl.
- Whisk flour and cornmeal in another medium bowl.
- Dip seasoned shrimp briefly in buttermilk, then coat with flour mixture. Working in batches, fry shrimp, stirring occasionally, until golden brown and just cooked through, about 4 minutes per batch.
- Transfer to paper towels to drain.
- Open rolls and spread cut sides with rémoulade. Top with lettuce, tomato, pickles, and shrimp.
- Serve with hot sauce, if desired.

Nutrition Facts

■ PROTEIN **32.07%** ■ FAT **14.16%** ■ CARBS **53.77%**

Properties

Glycemic Index:83.38, Glycemic Load:46.54, Inflammation Score:-10, Nutrition Score:32.264347967894%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 590.43kcal (29.52%), Fat: 9.4g (14.46%), Saturated Fat: 2.38g (14.9%), Carbohydrates: 80.32g (26.77%), Net Carbohydrates: 70.81g (25.75%), Sugar: 11.15g (12.38%), Cholesterol: 280.46mg (93.49%), Sodium: 2265.77mg (98.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.91g (95.82%), Phosphorus: 634.43mg (63.44%), Vitamin K: 57.06µg (54.34%), Manganese: 1.07mg (53.33%), Vitamin A: 2628.82IU (52.58%), Copper: 1.01mg (50.36%), Vitamin B1: 0.66mg (43.87%), Folate: 162.57µg (40.64%), Potassium: 1373.77mg (39.25%), Magnesium: 152.88mg (38.22%), Fiber: 9.51g (38.05%), Vitamin C: 29.04mg (35.2%), Iron: 5.75mg (31.93%), Zinc: 4.67mg (31.11%), Selenium: 20.91µg (29.87%), Vitamin B2: 0.48mg (28.21%), Calcium: 268.2mg (26.82%), Vitamin B6: 0.52mg (26.07%), Vitamin B3: 5.17mg (25.87%), Vitamin E: 2.01mg (13.43%), Vitamin B5: 0.97mg (9.69%), Vitamin D: 0.78µg (5.2%), Vitamin B12: 0.28µg (4.6%)