



Shrimp Po'Boy

READY IN



45 min.

SERVINGS



4

CALORIES



618 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
- ☐ 4 servings mayonnaise for recipe (go to bonappetit.com)
- ☐ 4 frangelico split french
- ☐ 4 frangelico split french

Equipment

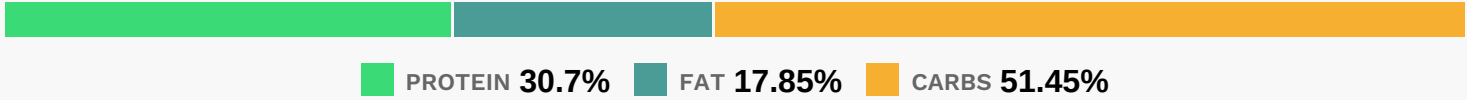
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer

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 withré moulade. Top with lettuce, tomato,pickles, and shrimp.
- ☐
- Serve with hot sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:95.88, Glycemic Load:46.55, Inflammation Score:-10, Nutrition Score:32.606521710106%

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: 617.63kcal (30.88%), Fat: 12.39g (19.07%), Saturated Fat: 2.85g (17.83%), Carbohydrates: 80.35g (26.78%), Net Carbohydrates: 70.83g (25.76%), Sugar: 11.17g (12.41%), Cholesterol: 282.14mg (94.05%), Sodium: 2291.17mg (99.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.95g (95.9%), Phosphorus: 635.27mg (63.53%), Vitamin K: 63.58µg (60.55%), Manganese: 1.07mg (53.34%), Vitamin A: 2631.42IU (52.63%), Copper: 1.01mg (50.39%), Vitamin B1: 0.66mg (43.9%), Folate: 162.77µg (40.69%), Potassium: 1374.57mg (39.27%), Magnesium: 152.92mg (38.23%), Fiber: 9.51g (38.05%), Vitamin C: 29.04mg (35.2%), Iron: 5.76mg (31.97%), Zinc: 4.67mg (31.15%), Selenium: 21µg (30%), Vitamin B2: 0.48mg (28.25%), Calcium: 268.52mg (26.85%), Vitamin B6: 0.52mg (26.09%), Vitamin B3: 5.17mg (25.87%), Vitamin E: 2.15mg (14.3%), Vitamin B5: 0.98mg (9.76%), Vitamin D: 0.79µg (5.25%), Vitamin B12: 0.28µg (4.68%)