



Shrimp Po'boy

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 4 small bread rolls french
- ☐ 4 servings cooking oil
- ☐ 1 eggs lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup rémoulade sauce
- ☐ 2 cups lettuce shredded
- ☐ 0.5 teaspoon bell pepper red

- ☐ 0.5 teaspoon salt
- ☐ 2 pounds shrimp deveined peeled
- ☐ 8 slices tomatoes

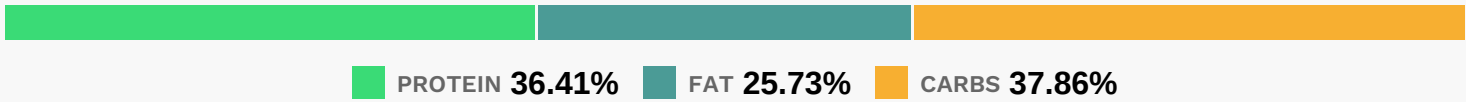
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Combine the all-purpose flour, salt, and pepper in a shallow bowl or plate. Lightly beat the egg in a small bowl.
- ☐ Pour oil to a depth of about 1-inch in a deep skillet, saut pan, or Dutch oven.
- ☐ Place over medium-high heat.
- ☐ Using one hand to handle the food, dredge the shrimp through the egg, shaking off any extra. Then dredge them through the flour mixture.
- ☐ When the oil reaches 365, add the shrimp, using a metal slotted spoon, and fry until golden brown all over, about 1 1/2 minutes on each side. Do not crowd the skillet. As they are done, transfer the shrimp to paper towels to drain.
- ☐ Split the French bread down the length and spread the bottom with mayonaise or remoulade sauce, then line them with lettuce and tomato.
- ☐ When all the shrimp have been fried, add them to the sandwiches and serve immediately.

Nutrition Facts



Properties

Glycemic Index:72.38, Glycemic Load:38.94, Inflammation Score:-6, Nutrition Score:21.549565102743%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 614.16kcal (30.71%), Fat: 17.52g (26.95%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 57.99g (19.33%), Net Carbohydrates: 55.48g (20.18%), Sugar: 5.85g (6.5%), Cholesterol: 406.06mg (135.35%), Sodium: 950.99mg (41.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.78g (111.55%), Phosphorus: 599.58mg (59.96%), Copper: 1.02mg (51.23%), Vitamin B1: 0.62mg (41.04%), Selenium: 28.47µg (40.67%), Folate: 141.38µg (35.34%), Manganese: 0.65mg (32.29%), Iron: 4.98mg (27.67%), Magnesium: 104.5mg (26.13%), Zinc: 3.9mg (26.03%), Vitamin B2: 0.43mg (25.23%), Vitamin B3: 4.38mg (21.92%), Potassium: 761.7mg (21.76%), Vitamin K: 19.65µg (18.72%), Vitamin E: 2.75mg (18.33%), Calcium: 182.99mg (18.3%), Fiber: 2.5g (10.01%), Vitamin A: 277.44IU (5.55%), Vitamin B5: 0.52mg (5.21%), Vitamin B6: 0.09mg (4.64%), Vitamin C: 2.07mg (2.51%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)