



Shrimp Po'boy with Spicy Ketchup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon chili powder
- ☐ 2 cups curly leaf lettuce
- ☐ 3 tablespoons breadcrumbs dry
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon hot sauce
- ☐ 0.3 cup catsup
- ☐ 1.5 teaspoons juice of lemon fresh

- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion red thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 20 inch portugese rolls split
- ☐ 0.5 teaspoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Prepare broiler.
- ☐ Line a baking sheet with heavy-duty aluminum foil.
- ☐ Combine breadcrumbs, salt, pepper, and garlic in a medium bowl, stirring with a fork.
- ☐ Combine oil and shrimp; toss well.
- ☐ Place half of the shrimp in the breadcrumb mixture; toss well to coat.
- ☐ Place breaded shrimp in a single layer on prepared baking sheet. Repeat procedure with remaining shrimp and breadcrumb mixture. Broil 4 minutes or until shrimp are done.
- ☐ Combine ketchup, juice, Worcestershire, chili powder, and hot sauce in a small bowl, stirring with a whisk.
- ☐ Spread 2 tablespoons ketchup mixture over cut sides of each roll half.
- ☐ Place 1 cup lettuce over bottom half of each roll; top with 1/4 cup onion. Arrange 1 cup shrimp on each roll half; top with remaining roll half.
- ☐ Cut sandwiches in half.

Nutrition Facts



 **PROTEIN 46.29%**  **FAT 20.3%**  **CARBS 33.41%**

Properties

Glycemic Index:40.5, Glycemic Load:4.6, Inflammation Score:-7, Nutrition Score:9.9204347988834%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 216.59kcal (10.83%), Fat: 4.96g (7.63%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 18.38g (6.13%), Net Carbohydrates: 17.13g (6.23%), Sugar: 5.57g (6.18%), Cholesterol: 182.57mg (60.86%), Sodium: 548.05mg (23.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.47g (50.93%), Vitamin A: 1449.17IU (28.98%), Phosphorus: 272.31mg (27.23%), Vitamin K: 26.17µg (24.93%), Copper: 0.5mg (24.77%), Iron: 3.22mg (17.87%), Magnesium: 50.02mg (12.5%), Potassium: 435.8mg (12.45%), Zinc: 1.74mg (11.59%), Manganese: 0.22mg (11.17%), Calcium: 104.16mg (10.42%), Vitamin B1: 0.1mg (6.6%), Vitamin C: 5mg (6.06%), Vitamin E: 0.83mg (5.51%), Folate: 20.54µg (5.14%), Fiber: 1.24g (4.98%), Vitamin B2: 0.08mg (4.62%), Vitamin B6: 0.09mg (4.33%), Vitamin B3: 0.83mg (4.16%), Selenium: 2.35µg (3.35%), Vitamin B5: 0.11mg (1.07%)