



Shrimp Po'boys

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 10 ounce bread split french toasted
- 2.5 cups carrots
- 1 tablespoon cornstarch
- 0.5 teaspoon dijon mustard
- 1 large egg whites
- 1 garlic clove minced
- 3 tablespoons cornmeal stone-ground

- 0.3 teaspoon ground pepper red
- 0.5 teaspoon horseradish prepared
- 0.3 teaspoon kosher salt
- 1 teaspoon juice of lemon fresh
- 0.3 teaspoon lemon zest grated
- 0.5 teaspoon lemon zest grated
- 3 tablespoons mayonnaise
- 2 teaspoons olive oil extra virgin extra-virgin
- 0.3 teaspoon hot sauce hot (such as Tabasco)
- 1 tablespoon shallots minced
- 1 pound shrimp deveined peeled
- 2 inch tomatoes
- 1 teaspoon worcestershire sauce

Equipment

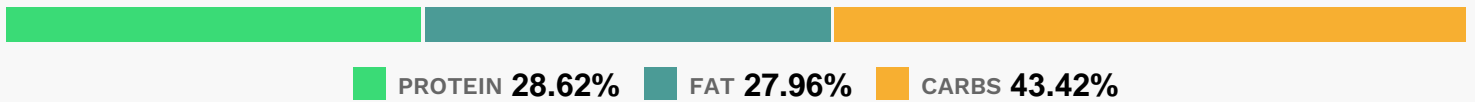
- food processor
- bowl
- frying pan
- whisk
- ziploc bags

Directions

- To prepare rmoulade slaw, combine first 9 ingredients in a medium bowl, stirring with a whisk.
- Add coleslaw; toss to coat. Cover and chill.
- To prepare po'boys, combine cornstarch and next 4 ingredients (through egg white) in a medium bowl; whisk until blended.
- Add shrimp; toss well. Marinate in refrigerator 30 minutes, stirring once.
- Hollow out top and bottom halves of bread, leaving a 1/4-inch-thick shell.

- Place torn bread in a food processor; process until very fine crumbs form. Set aside 1/2 cup breadcrumbs; reserve remaining breadcrumbs for another use.
- Combine 1/2 cup breadcrumbs, cornmeal, and black pepper in a large zip-top plastic bag; seal and shake to combine.
- Remove shrimp from bowl; discard marinade.
- Add shrimp to breadcrumb mixture. Seal and shake to coat.
- Heat a large nonstick skillet over medium-high heat.
- Add oil to pan; swirl to coat.
- Add shrimp; cook 3 minutes on each side or until done.
- Arrange 1/2 cup slaw on each bottom half of bread. Top with one quarter of shrimp and 2 tomato slices. Cover with top half of bread.

Nutrition Facts



Properties

Glycemic Index:113.25, Glycemic Load:24.15, Inflammation Score:-10, Nutrition Score:23.567391260163%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 459.34kcal (22.97%), Fat: 14.36g (22.09%), Saturated Fat: 2.23g (13.92%), Carbohydrates: 50.15g (16.72%), Net Carbohydrates: 44.09g (16.03%), Sugar: 8.6g (9.55%), Cholesterol: 186.98mg (62.33%), Sodium: 787.81mg (34.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.06g (66.12%), Vitamin A: 13438.79IU (268.78%), Manganese: 1.09mg (54.56%), Phosphorus: 388.13mg (38.81%), Selenium: 23.28µg (33.26%), Vitamin K: 32.84µg (31.28%), Copper: 0.62mg (30.96%), Vitamin B1: 0.37mg (24.99%), Vitamin B3: 4.99mg (24.96%), Fiber: 6.07g (24.27%), Magnesium: 89.51mg (22.38%), Iron: 3.82mg (21.23%), Potassium: 730.38mg (20.87%), Folate: 80.9µg (20.22%), Calcium: 195.68mg (19.57%), Zinc: 2.74mg (18.27%), Vitamin B2: 0.28mg (16.25%), Vitamin B6: 0.26mg (12.97%), Vitamin E: 1.38mg (9.18%), Vitamin B5: 0.9mg (8.98%), Vitamin C: 7.07mg (8.57%)