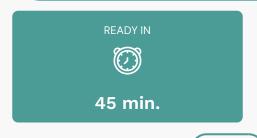


# **Shrimp Po'Boys**







LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

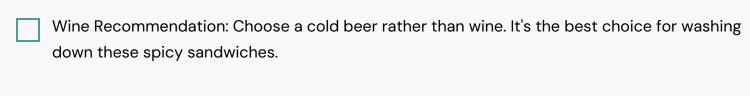
1 eggs beaten

0.3 cup flour

0.3 teaspoon pepper black

24 inch crusty baguette split
2 tablespoons butter at room temperature
0.3 teaspoon ground pepper
4 servings cooking oil for frying
2.5 tablespoons dijon mustard
0.8 cup breadcrumbs dry

	2 cups lettuce shredded
	0.7 cup mayonnaise
	0.5 teaspoon salt
	1.3 pounds shrimp shelled
	0.3 teaspoon all the tabasco sauce you handle to taste
	1 tomatoes cut into thin slices
	0.5 cup milk whole
Ec	quipment
	bowl
	baking sheet
	paper towels
	sauce pan
	oven
Directions	
	Heat the oven to 35
	Remove the soft centers of the baguette, leaving a 1/2-inch shell.
	Put the bread, cut-side up, on a baking sheet and brush with the butter. In a small bowl, combine the mayonnaise, mustard, and Tabasco sauce.
	Heat about 3 inches of oil in a medium saucepan until it reaches approximately 36
	In a medium bowl, combine the milk and the egg. In another bowl, combine the bread crumbs
	with the salt, black pepper, and cayenne. Dip the shrimp into the flour, then into the egg mixture, and then into the bread crumbs.
	with the salt, black pepper, and cayenne. Dip the shrimp into the flour, then into the egg
	with the salt, black pepper, and cayenne. Dip the shrimp into the flour, then into the egg mixture, and then into the bread crumbs.  Put about a third of the breaded shrimp into the oil and fry, turning, until golden on the
	with the salt, black pepper, and cayenne. Dip the shrimp into the flour, then into the egg mixture, and then into the bread crumbs.  Put about a third of the breaded shrimp into the oil and fry, turning, until golden on the outside and just done in the center, 2 to 3 minutes.



### **Nutrition Facts**

PROTEIN 22.79% FAT 56.27% CARBS 20.94%

#### **Properties**

Glycemic Index:112.69, Glycemic Load:12.01, Inflammation Score:-7, Nutrition Score:20.022174233976%

#### **Flavonoids**

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Luteolin: 0.01mg, Luteo

#### Nutrients (% of daily need)

Calories: 657.73kcal (32.89%), Fat: 41.19g (63.38%), Saturated Fat: 9.61g (60.09%), Carbohydrates: 34.49g (11.5%), Net Carbohydrates: 31.71g (11.53%), Sugar: 5.39g (5.99%), Cholesterol: 303.52mg (101.17%), Sodium: 1126.21mg (48.97%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 37.54g (75.09%), Vitamin K: 76.85µg (73.19%), Phosphorus: 449.88mg (44.99%), Copper: 0.69mg (34.56%), Vitamin B1: 0.44mg (29.09%), Selenium: 19.38µg (27.69%), Manganese: 0.52mg (26%), Calcium: 210.08mg (21.01%), Magnesium: 80.89mg (20.22%), Folate: 80.16µg (20.04%), Zinc: 2.89mg (19.25%), Iron: 3.4mg (18.9%), Potassium: 656.32mg (18.75%), Vitamin B2: 0.31mg (18.03%), Vitamin A: 804.63IU (16.09%), Vitamin E: 2.38mg (15.85%), Vitamin B3: 2.99mg (14.93%), Fiber: 2.78g (11.13%), Vitamin B6: 0.14mg (6.77%), Vitamin C: 5.54mg (6.72%), Vitamin B5: 0.66mg (6.6%), Vitamin B12: 0.39µg (6.5%), Vitamin D: 0.63µg (4.2%)