



Shrimp Po'boys

READY IN



46 min.

SERVINGS



8

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cajun spice
- ☐ 1 tablespoon capers chopped
- ☐ 1 teaspoon ground pepper
- ☐ 1 cup cornmeal
- ☐ 1 large eggs beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 2 teaspoons hot sauce
- ☐ 2 cups lettuce shredded
- ☐ 1 cup mayonnaise

- ☐ 1 cup milk
- ☐ 1 teaspoon pepper
- ☐ 2 tablespoons toppings: such as pickles chopped
- ☐ 1 teaspoon salt
- ☐ 2 spring onion light white green roughly chopped
- ☐ 2 pounds shrimp deveined peeled (27)
- ☐ 8 portugese rolls split toasted
- ☐ 2 tomatoes thinly sliced
- ☐ 8 servings vegetable oil for frying

Equipment

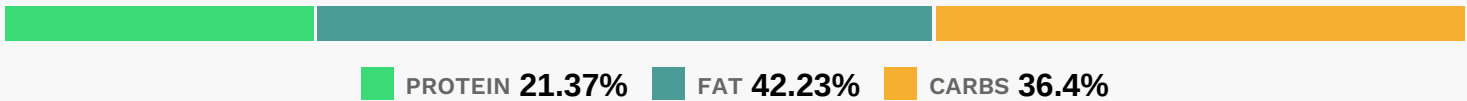
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ candy thermometer

Directions

- ☐ Blend mayonnaise, scallions, pickle, capers, hot sauce and 1 tsp. Cajun seasoning in food processor. Cover and chill.
- ☐ Whisk egg, milk and cayenne.
- ☐ Add shrimp; let stand 10 minutes. In a shallow bowl, mix cornmeal, flour, 1 Tbsp. Cajun seasoning, salt and pepper. Preheat oven to 200F; line a baking sheet with paper towels and another with foil.

- ☐ Remove shrimp from egg mixture, shaking off excess. Dredge in cornmeal mixture. Set on foil-lined sheet.
- ☐ Pour 2 inches of oil into a large, deep skillet.
- ☐ Heat oil until it reaches 370F on a candy thermometer. Cook shrimp a few at a time, turning once, until coating is browned and crispy, 3 to 4 minutes.
- ☐ Remove to paper towel-lined sheet with a slotted spoon. Keep warm in oven. Bring oil back to 370F before adding a new batch of shrimp.
- ☐ Spread 1 Tbsp. reserved sauce on rolls. Divide lettuce and tomatoes among rolls. Divide shrimp among rolls and serve immediately.

Nutrition Facts



Properties

Glycemic Index:60.69, Glycemic Load:37.08, Inflammation Score:-7, Nutrition Score:17.82913048371%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 630.46kcal (31.52%), Fat: 29.62g (45.57%), Saturated Fat: 4.85g (30.31%), Carbohydrates: 57.46g (19.15%), Net Carbohydrates: 53.15g (19.33%), Sugar: 7.73g (8.59%), Cholesterol: 221.24mg (73.75%), Sodium: 1005.89mg (43.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.72g (67.45%), Iron: 12.83mg (71.26%), Vitamin K: 66.14µg (62.99%), Phosphorus: 361.65mg (36.17%), Copper: 0.55mg (27.68%), Vitamin A: 1023.91IU (20.48%), Magnesium: 75.62mg (18.9%), Fiber: 4.32g (17.26%), Zinc: 2.59mg (17.23%), Manganese: 0.34mg (17%), Potassium: 572.59mg (16.36%), Calcium: 139.2mg (13.92%), Vitamin E: 1.87mg (12.45%), Vitamin B1: 0.17mg (11.33%), Vitamin B6: 0.21mg (10.74%), Selenium: 7.12µg (10.17%), Folate: 38.47µg (9.62%), Vitamin B2: 0.16mg (9.62%), Vitamin C: 6.35mg (7.69%), Vitamin B3: 1.34mg (6.68%), Vitamin B5: 0.48mg (4.85%), Vitamin B12: 0.25µg (4.23%), Vitamin D: 0.52µg (3.44%)