



Shrimp Po'Boys

READY IN



45 min.

SERVINGS



4

CALORIES



658 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 inch lengths baguette split
- ☐ 2 tablespoons butter at room temperature
- ☐ 0.3 teaspoon cayenne
- ☐ 4 servings cooking oil for frying
- ☐ 2.5 tablespoons dijon mustard
- ☐ 0.8 cup bread crumbs dry
- ☐ 1 eggs beaten
- ☐ 0.3 cup flour
- ☐ 0.3 teaspoon fresh-ground pepper black

- ☐ 2 cups iceberg 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

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven

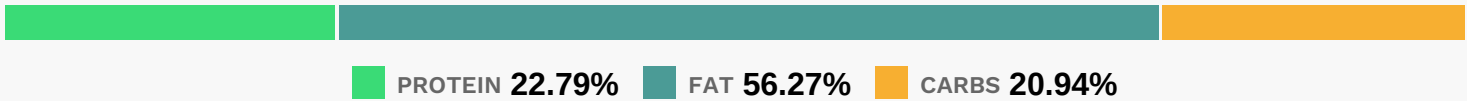
Directions

- ☐ 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.
- ☐ 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.
- ☐ Drain on paper towels. Repeat with the remaining two batches of shrimp.
- ☐ Meanwhile, bake the pieces of baguette until crisp, about 5 minutes.
- ☐ Spread the sauce on both sides of the bread. Sandwich the lettuce, tomato, and fried shrimp between the bread.

☐

Wine Recommendation: Choose a cold beer rather than wine. It's the best choice for washing down these spicy sandwiches.

Nutrition Facts



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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

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 %: 0% (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%)