



Shrimp Po'Boys with Angry Mayonnaise

 Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



712 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup basil leaves
- 2 head bibb lettuce
- 2 teaspoons pepper black freshly ground
- 12 servings pepper black freshly ground
- 1 tablespoon chili powder
- 2 cups flour instant (recommended: Wondra)
- 12 cloves garlic thinly sliced
- 1 juice of lemon juiced

- 2 cups mayonnaise
- 0.5 cup olive oil extra-virgin
- 1.5 tablespoons orange zest
- 2 tablespoon gray salt
- 12 servings gray salt
- 1 serrano chili pepper thinly sliced
- 5.5 pound de-veined shrimp with the tail removed peeled (16 to 20 count)
- 12 rolls soft
- 8 slices tomatoes

Equipment

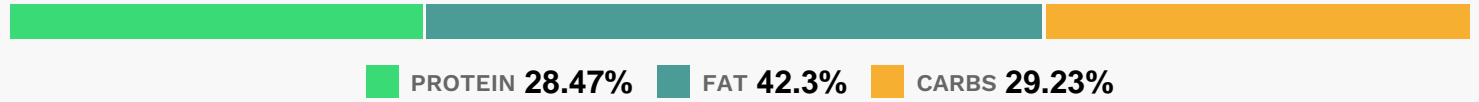
- frying pan
- paper towels
- baking pan

Directions

- Add 1/2 cup olive oil to a large saute pan over high heat.
- Add the garlic and fry until just starting to turn golden brown, add the chili peppers to soften them a bit.
- Add the basil leaves and stand back, the basil will crack and pop.
- Let the basil get crispy and toss in the orange zest for about 30 seconds.
- Pour the mixture onto a plate and put in the refrigerator to cool. Meanwhile mix the mayonnaise together with the lemon juice. When the basil/chili mixture has cooled, fold it into the mayonnaise Season with gray salt and pepper, to taste, and return mayonnaise to the refrigerator.
- Mix together the instant flour, chili powder, salt and pepper.
- Using a shallow baking dish or large plate dredge the shrimp in the flour mixture. Cook the shrimp in 2 batches.
- Heat 1/4 cup olive oil in a large saute pan over high heat.

- Add half the shrimp in a single layer and cook until golden brown on both sides. Repeat with the second half of shrimp.
- Remove to a plate lined with paper towels. Split the rolls and spread both sides with the angry mayonnaise, divide the lettuce among the rolls, then the tomato slices seasoned with gray salt and pepper, then the fried shrimp. Eat and enjoy.

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:35.1, Inflammation Score:-8, Nutrition Score:21.539130584053%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 711.67kcal (35.58%), Fat: 33.43g (51.44%), Saturated Fat: 4.9g (30.62%), Carbohydrates: 51.98g (17.33%), Net Carbohydrates: 49.3g (17.93%), Sugar: 5.5g (6.11%), Cholesterol: 350.39mg (116.8%), Sodium: 2147.93mg (93.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.64g (101.27%), Vitamin K: 101.04µg (96.23%), Iron: 13.47mg (74.82%), Phosphorus: 497.48mg (49.75%), Copper: 0.9mg (44.84%), Vitamin A: 1387.76IU (27.76%), Magnesium: 87.46mg (21.86%), Manganese: 0.43mg (21.35%), Zinc: 3.17mg (21.1%), Potassium: 728.6mg (20.82%), Calcium: 172.22mg (17.22%), Folate: 65.07µg (16.27%), Vitamin B1: 0.2mg (13.33%), Vitamin E: 1.93mg (12.86%), Selenium: 8.69µg (12.41%), Fiber: 2.68g (10.74%), Vitamin C: 6.98mg (8.47%), Vitamin B2: 0.14mg (8.45%), Vitamin B3: 1.57mg (7.86%), Vitamin B6: 0.11mg (5.47%), Vitamin B5: 0.25mg (2.54%)