



Shrimp Rémoulade Po'boys

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 12 ounce bread loaves french sliced
- ☐ 2 tablespoons celery finely chopped
- ☐ 1 teaspoon basil fresh minced
- ☐ 1 small garlic clove minced
- ☐ 2 tablespoons bell pepper green finely chopped
- ☐ 1 tablespoon horseradish prepared
- ☐ 1 cup iceberg lettuce chopped

- ☐ 2 tablespoons catsup
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 2 tablespoons onion finely chopped
- ☐ 24 large shrimp deveined peeled
- ☐ 1 cup tomatoes chopped
- ☐ 2 teaspoons worcestershire sauce

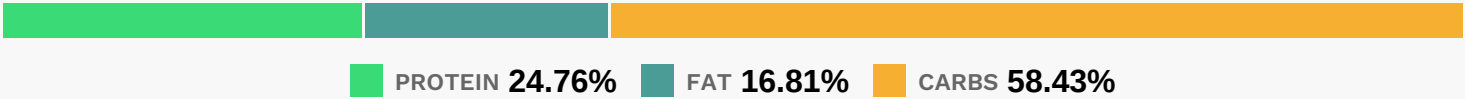
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ skewers

Directions

- ☐ To prepare sauce, combine first 11 ingredients in a medium bowl. Chill.
- ☐ Prepare grill.
- ☐ Thread shrimp onto 4 (10-inch) skewers.
- ☐ Place skewers on grill rack coated with cooking spray; grill 2 minutes on each side or until shrimp are done.
- ☐ Preheat oven to 35
- ☐ Hollow out bread halves, leaving a 1-inch-thick shell.
- ☐ Place bread on a baking sheet; bake at 350 for 5 minutes.
- ☐ Place 1/4 cup lettuce, 1/4 cup tomato, and 6 shrimp in bottom half of each loaf. Spoon 1/4 cup sauce over each sandwich. Cover with top bread halves.
- ☐ Wine note: This sandwich needs a seafood-friendly summer white with enough body and bite to cut through the spicy mayo. Willamette Valley Vineyards Pinot Gris 2006 (\$1
- ☐ offers crisp pear and apple flavors, honeysuckle aromas, and a lush body, making it a favorite with shellfish. – Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:96.63, Glycemic Load:34.83, Inflammation Score:-7, Nutrition Score:16.420434765194%

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: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 352.99kcal (17.65%), Fat: 6.67g (10.27%), Saturated Fat: 1.18g (7.39%), Carbohydrates: 52.16g (17.39%), Net Carbohydrates: 49.22g (17.9%), Sugar: 8.57g (9.53%), Cholesterol: 99.59mg (33.2%), Sodium: 867.91mg (37.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.11g (44.23%), Vitamin B1: 0.64mg (42.51%), Selenium: 25.15µg (35.93%), Folate: 122.62µg (30.66%), Manganese: 0.58mg (29.06%), Phosphorus: 242.75mg (24.28%), Vitamin B2: 0.4mg (23.43%), Iron: 4.09mg (22.75%), Vitamin B3: 4.54mg (22.68%), Copper: 0.42mg (20.92%), Vitamin K: 19.96µg (19.01%), Vitamin C: 12.68mg (15.37%), Magnesium: 58.19mg (14.55%), Potassium: 463.98mg (13.26%), Zinc: 1.87mg (12.48%), Fiber: 2.95g (11.79%), Calcium: 102.19mg (10.22%), Vitamin A: 491.78IU (9.84%), Vitamin B6: 0.17mg (8.67%), Vitamin E: 0.97mg (6.45%), Vitamin B5: 0.38mg (3.81%)