

Shrimp Po'Boys II

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Servings: 4

*1/2 cup mayonnaise
6 tablespoons chopped cornichons or
dill pickles
3/4 to 1 teaspoon cayenne pepper,
divided
1 cup cornmeal
2 teaspoons coarse salt
1 1/2 cups vegetable oil
1 pound medium shrimp, peeled and
deveined
4 hoagie rolls, split
1 medium tomato, sliced
8 leaves butter lettuce, such as Bibb
or Boston*

In a bowl, stir together the mayonnaise, cornichons and 1/4 to 1/2 teaspoon of cayenne.

On a plate, combine 1/2 teaspoon of cayenne, the cornmeal and salt.

In a medium skillet, heat the oil over medium-high until it registers 350 degrees on a deep-fat thermometer.

Coat the shrimp in cornmeal mixture, shake off the excess and carefully add to the hot oil in batches. Cook until golden, 2 to 3 minutes.

Remove the shrimp with a slotted spoon and transfer to paper towels to drain.

Spread the sauce on the rolls and fill with, tomato, lettuce and shrimp.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 1376 Calories; 110g Fat (71.2% calories from fat); 33g Protein; 67g Carbohydrate; 5g Dietary Fiber; 182mg Cholesterol; 1648mg Sodium. Exchanges: 4 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 19 Fat.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	1376
% Calories from Fat:	71.2%
% Calories from Carbohydrates:	19.1%
% Calories from Protein:	9.6%
Total Fat (g):	110g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	1.2mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	28mcg

Saturated Fat (g): 13g
Monounsaturated Fat (g): 55g
Polyunsaturated Fat (g): 30g
Cholesterol (mg): 182mg
Carbohydrate (g): 67g
Dietary Fiber (g): 5g
Protein (g): 33g
Sodium (mg): 1648mg
Potassium (mg): 363mg
Calcium (mg): 75mg
Iron (mg): 4mg
Zinc (mg): 1mg
Vitamin C (mg): 9mg
Vitamin A (i.u.): 1029IU
Vitamin A (r.e.): 151RE

Niacin (mg): 5mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 4
Lean Meat: 3
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 19
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 1376 **Calories from Fat:** 980

% Daily Values*

Total Fat	110g	170%
Saturated Fat	13g	65%
Cholesterol	182mg	61%
Sodium	1648mg	69%
Total Carbohydrates	67g	22%
Dietary Fiber	5g	21%
Protein	33g	
Vitamin A		21%
Vitamin C		15%
Calcium		8%
Iron		25%

* Percent Daily Values are based on a 2000 calorie diet.