



Ah Shucks! Bacon BBQ Oysters Like They Do It In New Orleans.

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



1

CALORIES



262 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 serving pepper black freshly ground
- 1 serving brown sugar
- 1 leaves celery yellow washed (the very centers of the hearts)
- 1 serving pepper flakes fresh
- 1 serving pepper flakes fresh sliced
- 1 serving ground mustard dry
- 1 serving olive oil extra virgin

- 1 serving thyme sprigs fresh
- 1 cloves garlic
- 1 serving ground cumin
- 1 serving catsup
- 1 serving lemon wedges
- 1 serving blackstrap molasses
- 1 serving onion
- 1 large dozens oysters
- 1 serving paprika smoked (paprika)
- 1 serving vinegar white

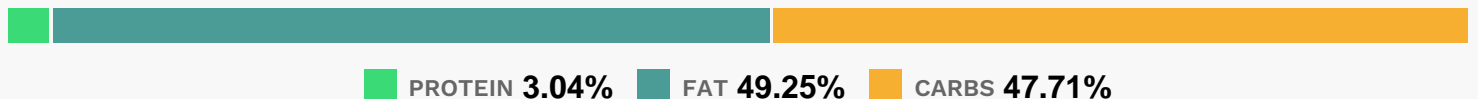
Equipment

- grill

Directions

- Sweat the vegetables, add everything except the thyme, simmer for 10–15 minutes.
- Remove from heat, add thyme. Adjust acid (add vinegar if necessary). Season to taste. Top each oyster with a dollop of BBQ sauce, and some chopped bacon.
- Place on barbecue grill, close lid for a minute or two to caramelize the sauce a bit, or you can just cook straight on an open grill until they begin to bubble.
- Remove from grill and top with sliced chilis, bits of celery leaf, and lemon. More oyster recipes on Food Republic: Oyster Sliders
- Hangtown Fry Oysters With Calvados

Nutrition Facts



Properties

Glycemic Index: 395.5, Glycemic Load: 8.77, Inflammation Score: -9, Nutrition Score: 11.657826040102%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.36mg, Quercetin: 11.36mg, Quercetin: 11.36mg, Quercetin: 11.36mg

Nutrients (% of daily need)

Calories: 261.54kcal (13.08%), Fat: 14.96g (23.01%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 32.6g (10.87%), Net Carbohydrates: 30.47g (11.08%), Sugar: 25.68g (28.53%), Cholesterol: 0.56mg (0.19%), Sodium: 154.07mg (6.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.15%), Vitamin C: 36.68mg (44.46%), Manganese: 0.59mg (29.69%), Vitamin B6: 0.4mg (19.96%), Vitamin E: 2.78mg (18.52%), Magnesium: 72.96mg (18.24%), Vitamin A: 827.65IU (16.55%), Potassium: 558.08mg (15.95%), Iron: 2.7mg (15.01%), Vitamin K: 13.33µg (12.7%), Copper: 0.24mg (11.92%), Selenium: 7.02µg (10.03%), Calcium: 88.13mg (8.81%), Fiber: 2.13g (8.51%), Zinc: 0.99mg (6.59%), Phosphorus: 58.99mg (5.9%), Vitamin B2: 0.09mg (5.04%), Vitamin B1: 0.07mg (4.98%), Folate: 19.77µg (4.94%), Vitamin B3: 0.97mg (4.84%), Vitamin B5: 0.34mg (3.45%), Vitamin B12: 0.12µg (2.04%)