



Baked 13 Mile Oysters with Jalapeño, Lime, and Cilantro Butter

 Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



343 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cilantro leaves fresh chopped
- 4 small jalapeño chiles
- 1 teaspoon kosher salt
- 6 servings kosher salt
- 2 tablespoons juice of lime fresh
- 2 tablespoons lime zest
- 36 apalachicola oysters small to medium

- 3 tablespoons vegetable oil; peanut oil preferred
- 0.3 teaspoon pepper freshly ground
- 1 cup butter unsalted softened

Equipment

- bowl
- frying pan
- oven
- plastic wrap

Directions

- Shuck oysters. Discard the top shell; keep oysters in the deeper bottom shell. Arrange oysters over kosher salt in a jellyroll pan.
- Heat oil in a small skillet over high heat.
- Add jalapeos, and cook 2 to 4 minutes, turning occasionally, until skin is golden and blistered.
- Transfer jalapeos to a small bowl, and cover with plastic wrap.
- Let stand 5 minutes.
- Peel and seed jalapeos; finely chop, and place in a medium bowl.
- Add lime zest and next 5 ingredients, stirring to combine. Top each oyster with 1/2 teaspoon butter mixture. (Store remaining butter in refrigerator.)
- Bake oysters at 450 for 8 minutes or until the edges of the oysters begin to curl.

Nutrition Facts

 PROTEIN 1.09%  FAT 97.1%  CARBS 1.81%

Properties

Glycemic Index:21.33, Glycemic Load:0.17, Inflammation Score:-6, Nutrition Score:6.1586956278138%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 1.31mg, Hesperetin: 1.31mg, Hesperetin: 1.31mg, Hesperetin: 1.31mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg,

Naringenin: 0.09mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 342.5kcal (17.13%), Fat: 37.88g (58.28%), Saturated Fat: 20.67g (129.17%), Carbohydrates: 1.59g (0.53%), Net Carbohydrates: 1.2g (0.43%), Sugar: 0.59g (0.66%), Cholesterol: 84.7mg (28.23%), Sodium: 593.72mg (25.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Vitamin A: 1143.69IU (22.87%), Zinc: 3.36mg (22.43%), Vitamin C: 13.51mg (16.38%), Vitamin E: 2.43mg (16.21%), Vitamin B12: 0.8µg (13.32%), Copper: 0.26mg (12.89%), Vitamin K: 8.82µg (8.4%), Vitamin D: 0.57µg (3.78%), Selenium: 2.1µg (3%), Manganese: 0.05mg (2.71%), Iron: 0.47mg (2.63%), Vitamin B6: 0.05mg (2.39%), Phosphorus: 21.49mg (2.15%), Calcium: 18.14mg (1.81%), Vitamin B2: 0.03mg (1.79%), Potassium: 61.39mg (1.75%), Fiber: 0.4g (1.58%), Folate: 5.74µg (1.44%), Vitamin B3: 0.24mg (1.2%), Magnesium: 4.69mg (1.17%), Vitamin B5: 0.11mg (1.09%)