



Barbecued Oysters

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup tomato-based chili sauce
- 2 teaspoons cilantro leaves fresh minced
- 1 tablespoon juice of lemon
- 16 oysters in shells scrubbed (4 in. long)
- 1 tablespoon soya sauce

Equipment

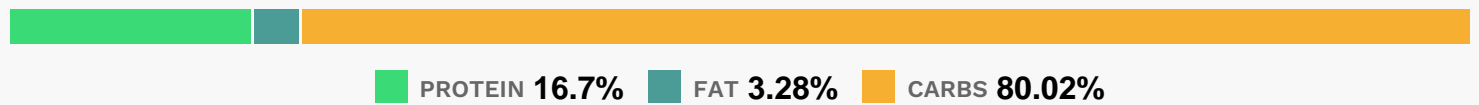
- bowl
- knife

grill

Directions

- In a small bowl, mix chili sauce, oyster sauce, lemon juice, and cilantro.
- To shuck each oyster, place shell, cupped side down, on a heavy towel. Grip curved end of shell with a towel and hold oyster level. Firmly insert an oyster knife into hinge at narrow end of oyster between top and bottom shell; twist to open. Slide oyster knife along underside of top shell to cut adductor muscle and free oyster.
- Remove top shell. Slide knife under oyster to cut free. Leave in shell and set shell side down on a tray.
- Spoon an equal portion of the chili sauce mixture onto each oyster.
- Set oysters on a barbecue grill over a solid bed of hot coals or high heat on a gas grill (you can hold hand at grill level only 2 to 3 seconds); close lid on gas grill. Cook until juices bubble, about 4 minutes.
- Serve hot oysters in shells.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:0.62, Inflammation Score:-1, Nutrition Score:0.87217390990776%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 17.04kcal (0.85%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 3.15g (1.14%), Sugar: 1.27g (1.42%), Cholesterol: 0mg (0%), Sodium: 240.15mg (10.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Vitamin C: 2.1mg (2.54%), Selenium: 1.38µg (1.97%), Manganese: 0.03mg (1.49%), Vitamin B3: 0.26mg (1.31%), Potassium: 42.86mg (1.22%), Vitamin A: 59.81IU (1.2%), Fiber: 0.29g (1.17%), Vitamin E: 0.17mg (1.13%), Phosphorus: 11.3mg (1.13%), Vitamin B6: 0.02mg (1.09%), Copper: 0.02mg (1.01%)