



Barbecued Oysters with Pickled Ginger Mignonette Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup juice of lime fresh
- ☐ 36 dozens oysters fresh
- ☐ 1 teaspoon pepper freshly ground
- ☐ 1 teaspoons pickled ginger minced
- ☐ 0.5 cup rice wine vinegar
- ☐ 1.5 tablespoons shallots minced
- ☐ 1 teaspoon soya sauce

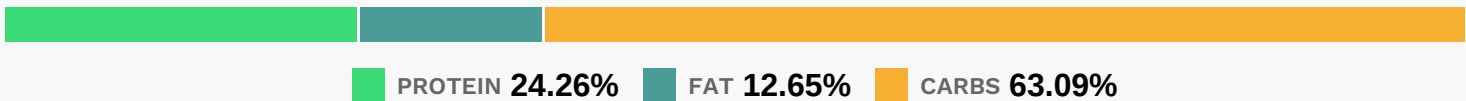
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ grill
- ☐ tongs

Directions

- ☐ Whisk together rice wine vinegar through soy sauce in a small bowl. Set aside.
- ☐ Scrub oysters with a stiff brush under running water. Insert an oyster knife into the hinged edge of each oyster; twist knife handle back and forth until top shell is loose. Slide oyster knife along the bottom of the top shell to detach muscle.
- ☐ Remove and discard top shell, keeping the oyster in the deeper bottom shell.
- ☐ Spoon about 1 teaspoon sauce over each oyster.
- ☐ Grill, without grill lid, over high heat (400 to 50
- ☐ to 2 minutes or until sauce boils.
- ☐ Remove oysters from grill with tongs, being careful not to spill sauce.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:3.1539130126653%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 14.53kcal (0.73%), Fat: 0.17g (0.26%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.69g (0.62%), Sugar: 0.46g (0.51%), Cholesterol: 3.36mg (1.12%), Sodium: 64.1mg (2.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.48%), Zinc: 3.33mg (22.22%), Copper: 0.25mg (12.71%), Vitamin B12: 0.74µg (12.25%), Manganese: 0.1mg (4.75%), Vitamin C: 3.27mg (3.96%), Iron: 0.49mg (2.74%), Selenium: 1.83µg (2.62%), Phosphorus: 14.02mg (1.4%), Potassium: 43.68mg (1.25%), Magnesium: 4.38mg (1.1%), Calcium: 10.38mg (1.04%)