



Barbequed Oysters

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



60

CALORIES



2 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons ground pepper black
- 5 limes
- 60 medium unopened fresh
- 60 medium unopened fresh

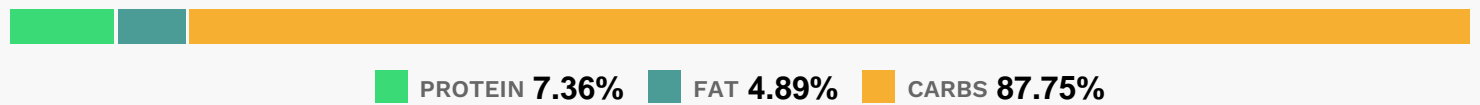
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Place the oysters on a large baking sheet and cook 8 to 15 minutes in the preheated oven, or until the shells have opened.
- Squeeze the juice and pulp from the limes into a small serving bowl.
- Mix in the pepper.
- Serve oysters on the half shell with the sauce.

Nutrition Facts



Properties

Glycemic Index:1.07, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:0.29782608572556%

Flavonoids

Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 2.18kcal (0.11%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.03%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.51g (0.18%), Sugar: 0.1g (0.11%), Cholesterol: 0mg (0%), Sodium: 0.15mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Vitamin C: 1.62mg (1.97%), Manganese: 0.03mg (1.3%)