



## Broiled Oysters

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 tablespoons parsley fresh coarsely chopped
- 4 teaspoons thyme sprigs fresh coarsely chopped
- 2 teaspoons oregano fresh coarsely chopped
- 0.1 teaspoon pepper
- 0.3 cup olive oil extra virgin extra-virgin plus more for drizzling
- 2 teaspoons champagne vinegar
- 24 dozens oysters fresh
- 0.5 cup parmesan cheese freshly grated

0.5 teaspoon pepper freshly ground

## Equipment

- bowl
- baking pan
- broiler

## Directions

- Preheat broiler. Stir herbs, red-pepper flakes, oil, and vinegar in a large bowl.
- Add oysters, and toss to coat.
- Transfer oyster mixture to a shallow baking dish.
- Sprinkle Parmesan over oysters, and season with pepper.
- Drizzle with oil. Broil until golden brown and bubbling, about 2 minutes.
- Serve.

## Nutrition Facts

PROTEIN **9.61%** FAT **83.35%** CARBS **7.04%**

## Properties

Glycemic Index:28.5, Glycemic Load:0.16, Inflammation Score:-10, Nutrition Score:8.6447826585044%

## Flavonoids

Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 182.92kcal (9.15%), Fat: 17.25g (26.54%), Saturated Fat: 3.87g (24.21%), Carbohydrates: 3.28g (1.09%), Net Carbohydrates: 2.42g (0.88%), Sugar: 0.12g (0.14%), Cholesterol: 14.23mg (4.74%), Sodium: 228.99mg (9.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.95%), Vitamin K: 47.92µg (45.63%), Zinc: 3.93mg (26.22%), Vitamin E: 2.3mg (15.35%), Vitamin B12: 0.9µg (15.06%), Calcium: 143.88mg (14.39%), Copper: 0.27mg (13.49%), Phosphorus: 92.94mg (9.29%), Selenium: 6.1µg (8.72%), Vitamin A: 412.23IU (8.24%), Manganese: 0.16mg (7.85%), Iron: 1.41mg (7.81%), Vitamin C: 5.9mg (7.15%), Vitamin B2: 0.07mg (4.02%), Fiber: 0.86g (3.42%),

Magnesium: 13.41mg (3.35%), Potassium: 77.62mg (2.22%), Folate: 7.71µg (1.93%), Vitamin B6: 0.03mg (1.7%),  
Vitamin B3: 0.21mg (1.03%)