



Broiled Oysters With Parmesan-Garlic Butter

 Gluten Free

READY IN



11 min.

SERVINGS



24

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter softened
- 1 tablespoon parsley fresh chopped
- 2 garlic cloves minced
- 0.3 teaspoon ground pepper red
- 1 tablespoon juice of lemon fresh
- 1 teaspoon lemon zest
- 24 oysters in the shell
- 0.3 cup parmesan cheese freshly grated

24 servings rock salt

Equipment

bowl

baking sheet

Directions

Combine first 7 ingredients in a small bowl.

Shuck oysters. Discard the top shell; keep oysters in the deeper bottom shell, and place on a rimmed baking sheet filled to a depth of 1/2 inch with coarse salt. Dollop butter mixture evenly on oysters.

Broil oysters, 5 inches from heat, 5 to 7 minutes or until the edges of the oysters begin to curl and butter is bubbly.

Nutrition Facts

 **PROTEIN 4.49%**  **FAT 92.24%**  **CARBS 3.27%**

Properties

Glycemic Index:6, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.97217391164083%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 39.68kcal (1.98%), Fat: 4.16g (6.4%), Saturated Fat: 2.6g (16.25%), Carbohydrates: 0.33g (0.11%), Net Carbohydrates: 0.3g (0.11%), Sugar: 0.04g (0.04%), Cholesterol: 11.63mg (3.88%), Sodium: 243.77mg (10.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.91%), Zinc: 0.61mg (4.04%), Vitamin A: 150.62IU (3.01%), Vitamin K: 3.12µg (2.97%), Vitamin B12: 0.14µg (2.41%), Copper: 0.04mg (2.09%), Calcium: 12.15mg (1.22%), Selenium: 0.73µg (1.04%)