



Cornmeal-Crusted Oysters with Red Pepper Romesco



Gluten Free



Dairy Free

READY IN



34 min.

SERVINGS



8

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 servings lemon wedges
- ☐ 24 large select oysters fresh drained
- ☐ 2.5 teaspoons paprika
- ☐ 8 servings vegetable oil; peanut oil preferred
- ☐ 8 servings pepper romesco red
- ☐ 1.5 teaspoons salt divided
- ☐ 1 cup cornmeal yellow

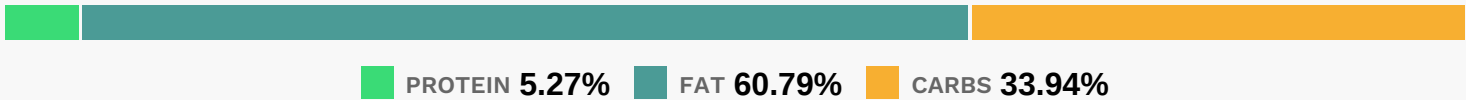
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Pour oil to a depth of 1" into a large skillet; heat to 37
- ☐ Meanwhile, combine cornmeal and paprika in a shallow dish.
- ☐ Sprinkle oysters with 1/2 teaspoon salt. Dip oysters in cornmeal mixture, pressing gently to coat.
- ☐ Fry oysters, 4 to 6 at a time, 30 seconds on each side or until golden brown.
- ☐ Drain on paper towels.
- ☐ Serve oysters with Red Pepper Romesco and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:9.62, Inflammation Score:-9, Nutrition Score:14.073912978172%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 223.64kcal (11.18%), Fat: 15.55g (23.92%), Saturated Fat: 2.65g (16.57%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 15.85g (5.76%), Sugar: 3.55g (3.95%), Cholesterol: 1.68mg (0.56%), Sodium: 443.82mg (19.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.07%), Vitamin C: 95.9mg (116.24%), Vitamin A: 2642.5IU (52.85%), Vitamin E: 3.67mg (24.45%), Vitamin B6: 0.35mg (17.48%), Zinc: 2.48mg (16.55%), Fiber: 3.68g (14.72%), Manganese: 0.23mg (11.73%), Folate: 41.74µg (10.43%), Copper: 0.19mg (9.3%), Magnesium: 32.17mg (8.04%), Phosphorus: 70.29mg (7.03%), Iron: 1.25mg (6.97%), Potassium: 243.46mg (6.96%), Vitamin B1: 0.1mg

(6.87%), Vitamin B3: 1.32mg (6.61%), Vitamin B12: 0.37µg (6.13%), Vitamin B2: 0.09mg (5.5%), Vitamin K: 4.33µg (4.13%), Vitamin B5: 0.38mg (3.81%), Selenium: 2.14µg (3.06%), Calcium: 10.85mg (1.08%)