



Dorsey's Fried Oysters

 Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 eggs beaten
- 1 teaspoon ground pepper black
- 1 teaspoon old bay seasoning tm
- 0.5 cup pancake mix dry
- 6 servings salt to taste
- 1 pint shucked oysters and juice
- 2 cups vegetable oil for frying

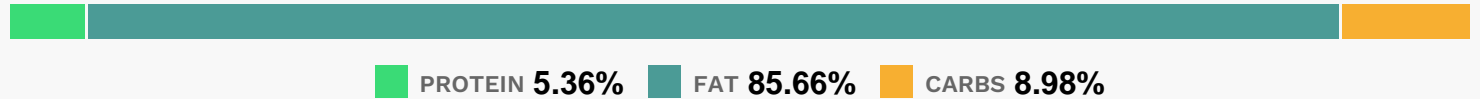
Equipment

frying pan

Directions

- Heat oil in a skillet over medium high heat to 350 degrees F (175 degrees C).
- Combine oysters, oyster juice, egg, salt, pepper and Old Bay Seasoning. Gently stir in pancake mix to make a thin batter.
- Spoon oysters one at a time into hot oil. There should be just enough batter surrounding oysters to coat them but it should not be too thick.
- Fry until golden brown on both sides.
- Drain and serve.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:5.6926086570906%

Nutrients (% of daily need)

Calories: 168.46kcal (8.42%), Fat: 16.24g (24.98%), Saturated Fat: 2.72g (17%), Carbohydrates: 3.83g (1.28%), Net Carbohydrates: 3.5g (1.27%), Sugar: 0.09g (0.1%), Cholesterol: 38.13mg (12.71%), Sodium: 265.77mg (11.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.57%), Vitamin K: 30.06µg (28.63%), Zinc: 3.29mg (21.93%), Vitamin B12: 0.79µg (13.2%), Copper: 0.24mg (12.17%), Vitamin E: 1.34mg (8.94%), Selenium: 4.91µg (7.01%), Phosphorus: 57.17mg (5.72%), Manganese: 0.11mg (5.32%), Vitamin B2: 0.08mg (4.44%), Iron: 0.79mg (4.37%), Calcium: 36.97mg (3.7%), Folate: 8.42µg (2.1%), Vitamin B5: 0.19mg (1.89%), Vitamin B1: 0.03mg (1.82%), Vitamin A: 80.75IU (1.61%), Vitamin B6: 0.03mg (1.58%), Magnesium: 6mg (1.5%), Potassium: 50.73mg (1.45%), Fiber: 0.33g (1.31%), Vitamin B3: 0.23mg (1.13%)