



Fried Buffalo Oysters

READY IN



20 min.

SERVINGS



6

CALORIES



586 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 cups buttermilk
- ☐ 6 servings celery stalks
- ☐ 1 cup flour all-purpose
- ☐ 1.5 teaspoons garlic powder
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1.5 teaspoons ground pepper red
- ☐ 0.5 cup hot sauce
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 0.5 teaspoon mustard dried
- ☐ 1.5 teaspoons oregano dried
- ☐ 2 pints select oysters fresh drained
- ☐ 1 tablespoon paprika
- ☐ 6 servings ranch dressing
- ☐ 0.5 teaspoon salt
- ☐ 6 servings vegetable oil
- ☐ 0.5 cup cornmeal yellow

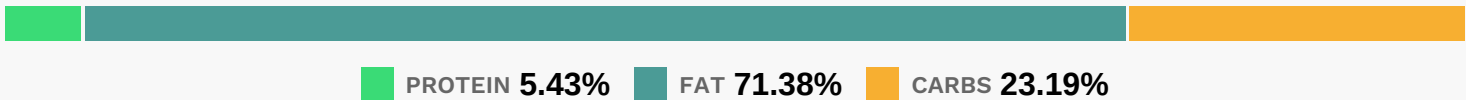
Equipment

- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Combine oysters and buttermilk in a large shallow dish or zip-top plastic freezer bag. Cover or seal and chill at least 2 hours.
- ☐ Drain oysters well.
- ☐ Combine flour and the next 8 ingredients. Dredge oysters in flour mixture, shaking off excess.
- ☐ Pour oil to a depth of 1 inch in a Dutch oven; heat to 37
- ☐ Fry oysters, in batches, 3 minutes or until golden.
- ☐ Drain on paper towels.
- ☐ Stir together melted butter, hot sauce, and lemon juice.
- ☐ Pour butter mixture evenly over hot fried oysters.
- ☐ Serve oysters with Ranch dressing and celery sticks on the side.

Nutrition Facts



Properties

Glycemic Index:62.92, Glycemic Load:18.62, Inflammation Score:-9, Nutrition Score:19.894347771354%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 585.55kcal (29.28%), Fat: 46.96g (72.25%), Saturated Fat: 15.78g (98.62%), Carbohydrates: 34.33g (11.44%), Net Carbohydrates: 31.55g (11.47%), Sugar: 6.29g (6.99%), Cholesterol: 63.58mg (21.19%), Sodium: 1219.66mg (53.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.08%), Vitamin K: 73.26µg (69.77%), Zinc: 7.26mg (48.38%), Vitamin B12: 1.83µg (30.52%), Vitamin A: 1452.65IU (29.05%), Copper: 0.57mg (28.28%), Selenium: 15.64µg (22.35%), Vitamin C: 17.34mg (21.02%), Phosphorus: 208.48mg (20.85%), Vitamin E: 3.12mg (20.83%), Vitamin B2: 0.34mg (20.03%), Manganese: 0.39mg (19.26%), Vitamin B1: 0.27mg (17.89%), Iron: 2.85mg (15.83%), Folate: 54.76µg (13.69%), Calcium: 133.58mg (13.36%), Fiber: 2.78g (11.13%), Vitamin B6: 0.22mg (11.03%), Vitamin B3: 2.05mg (10.26%), Magnesium: 38.14mg (9.54%), Potassium: 312.65mg (8.93%), Vitamin B5: 0.84mg (8.44%), Vitamin D: 1.07µg (7.13%)