



Fried Oyster Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



394 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 slices bacon crumbled cooked
- ☐ 2 egg whites lightly beaten
- ☐ 4 large mushrooms fresh sliced
- ☐ 1.5 cups seasoned bread crumbs italian
- ☐ 24 ounce dozens oysters fresh drained
- ☐ 1 small onion red thinly sliced
- ☐ 10 ounce pkt spinach fresh
- ☐ 1.5 cups vegetable oil

☐ 6 servings red wine vinaigrette

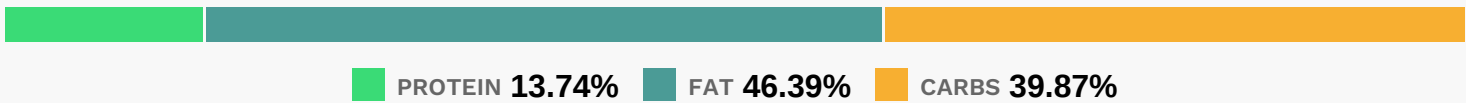
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Dip oysters in egg whites; dredge in breadcrumbs. Set aside.
- ☐ Pour oil into a large heavy skillet; heat to 35
- ☐ Fry oysters, in batches, about 1 minute on each side or until golden; drain on paper towels.
- ☐ Arrange mushrooms evenly over spinach, and drizzle with half of Red Wine Vinaigrette. Top salads with oysters, onion slices, and bacon, and serve immediately with remaining vinaigrette.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:1.28, Inflammation Score:-10, Nutrition Score:26.263913158489%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Petunidin: 2.91mg, Petunidin: 2.91mg, Petunidin: 2.91mg, Petunidin: 2.91mg Delphinidin: 2.95mg, Delphinidin: 2.95mg, Delphinidin: 2.95mg, Delphinidin: 2.95mg Malvidin: 20.34mg, Malvidin: 20.34mg, Malvidin: 20.34mg, Malvidin: 20.34mg Peonidin: 1.84mg, Peonidin: 1.84mg, Peonidin: 1.84mg, Peonidin: 1.84mg Catechin: 10.5mg, Catechin: 10.5mg, Catechin: 10.5mg, Catechin: 10.5mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 2.6mg, Naringenin: 2.6mg, Naringenin: 2.6mg, Naringenin: 2.6mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 3.27mg, Kaempferol: 3.27mg, Kaempferol: 3.27mg, Kaempferol: 3.27mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 393.72kcal (19.69%), Fat: 14.88g (22.89%), Saturated Fat: 2.82g (17.62%), Carbohydrates: 28.78g (9.59%), Net Carbohydrates: 25.81g (9.38%), Sugar: 4.05g (4.5%), Cholesterol: 10.12mg (3.37%), Sodium: 561.35mg (24.41%), Alcohol: 15.58g (100%), Alcohol %: 5.82% (100%), Protein: 9.91g (19.83%), Vitamin K: 262.83µg (250.32%), Vitamin A: 4498.73IU (89.97%), Manganese: 0.98mg (48.99%), Zinc: 5.62mg (37.46%), Folate: 136.12µg (34.03%), Copper: 0.54mg (26.95%), Vitamin B1: 0.39mg (25.71%), Selenium: 16.63µg (23.76%), Vitamin B2: 0.39mg (23.08%), Iron: 4.13mg (22.95%), Vitamin B12: 1.17µg (19.51%), Magnesium: 76.77mg (19.19%), Vitamin C: 15.77mg (19.11%), Vitamin B3: 3.77mg (18.85%), Potassium: 655.77mg (18.74%), Phosphorus: 161.76mg (16.18%), Vitamin B6: 0.3mg (14.89%), Vitamin E: 2.05mg (13.69%), Calcium: 125.79mg (12.58%), Fiber: 2.97g (11.9%), Vitamin B5: 0.62mg (6.18%)