

Fried Oysters

READY IN



30 min.

SERVINGS



6

CALORIES



489 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup buttermilk
- ☐ 1 cup cornmeal
- ☐ 1 tablespoon dijon mustard
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon garlic powder
- ☐ 1 Dash hot sauce
- ☐ 1 Dash hot sauce such as tabasco
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 cup mayonnaise

- ☐ 1 tablespoon paprika
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- ☐ 6 servings vegetable oil; peanut oil preferred for frying
- ☐ 36 shucked oysters
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 1 tablespoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ plastic wrap
- ☐ casserole dish
- ☐ deep fryer

Directions

- ☐ Special equipment: deep fryer
- ☐ Heat oil in a deep fryer to 350 degrees F.
- ☐ Whisk together the buttermilk, garlic powder, paprika and hot sauce in a casserole dish.
- ☐ Whisk together the flour, cornmeal, salt and pepper together in a separate casserole dish.
- ☐ Add the oysters to the buttermilk and let soak. Then remove, letting the excess drip off, and dredge through the cornmeal mixture, tapping off the excess. Fry in the hot oil in batches, until golden and crisp, about 2 minutes.
- ☐ Remove to a paper towel-lined plate and sprinkle with salt and pepper.
- ☐ Serve hot with the Remoulade Sauce.
- ☐ Mix together the mayonnaise, mustard, paprika, vinegar, Worcestershire sauce and hot sauce in a small bowl until well combined. Season with salt and pepper.
- ☐ Serve immediately or cover with plastic wrap and refrigerate until serving.

Nutrition Facts



 PROTEIN 5.7%  FAT 62.38%  CARBS 31.92%

Properties

Glycemic Index:53.92, Glycemic Load:23.67, Inflammation Score:-7, Nutrition Score:14.636956577716%

Nutrients (% of daily need)

Calories: 489.42kcal (24.47%), Fat: 33.91g (52.17%), Saturated Fat: 5.8g (36.25%), Carbohydrates: 39.04g (13.01%), Net Carbohydrates: 35.29g (12.83%), Sugar: 2.69g (2.98%), Cholesterol: 22.34mg (7.45%), Sodium: 343.94mg (14.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.95%), Vitamin K: 62.6µg (59.62%), Zinc: 4.54mg (30.28%), Manganese: 0.39mg (19.69%), Selenium: 13.36µg (19.08%), Copper: 0.37mg (18.57%), Vitamin B1: 0.28mg (18.42%), Vitamin A: 820.89IU (16.42%), Iron: 2.79mg (15.5%), Vitamin E: 2.32mg (15.46%), Vitamin B12: 0.92µg (15.3%), Fiber: 3.75g (15.02%), Phosphorus: 135.15mg (13.52%), Folate: 52.48µg (13.12%), Vitamin B2: 0.22mg (12.85%), Vitamin B6: 0.22mg (11.22%), Vitamin B3: 2.18mg (10.9%), Magnesium: 42.72mg (10.68%), Potassium: 237.63mg (6.79%), Calcium: 56.19mg (5.62%), Vitamin B5: 0.5mg (4.96%), Vitamin D: 0.46µg (3.1%)