



Fried Oysters with Green Tomato, Sweet Corn, and Blue Cheese Vinaigrette and Quick Pickled Okra

READY IN



225 min.

SERVINGS



4

CALORIES



673 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings cheese vinaigrette blue
- ☐ 1 cup masa fine
- ☐ 2 cups cracker meal
- ☐ 1 cup flour all-purpose
- ☐ 4 servings kosher salt
- ☐ 4 to 8 pickled okra halved quick
- ☐ 16 dozens oysters

- ☐ 4 servings vegetable oil; peanut oil preferred
- ☐ 4 servings pepper white freshly ground

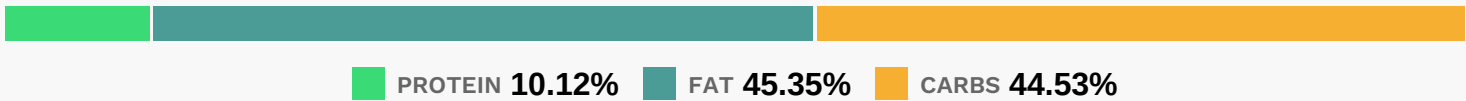
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Prepare Blue Cheese Vinaigrette; set aside.
- ☐ Pour oil to a depth of 1 1/2 inches into a large cast iron or heavy skillet; heat over medium-high heat until oil reaches 35
- ☐ Whisk together cracker meal, flours, 2 teaspoons kosher salt, and 1/2 teaspoon white pepper in a shallow bowl. Dredge oysters in mixture, shaking off excess. Fry, in batches, 2 to 4 minutes or until golden brown.
- ☐ Drain on paper towels; sprinkle with salt and pepper.
- ☐ Spoon Blue Cheese Vinaigrette onto 4 serving plates. Top each with fried oysters and Quick Pickled Okra.

Nutrition Facts



Properties

Glycemic Index:50.63, Glycemic Load:34.9, Inflammation Score:-7, Nutrition Score:20.45260855426%

Flavonoids

Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 672.89kcal (33.64%), Fat: 33.97g (52.26%), Saturated Fat: 10.27g (64.16%), Carbohydrates: 75.03g (25.01%), Net Carbohydrates: 68.85g (25.04%), Sugar: 3.46g (3.84%), Cholesterol: 32.24mg (10.75%), Sodium: 662.51mg (28.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.06g (34.12%), Manganese: 0.83mg

(41.53%), Phosphorus: 358.76mg (35.88%), Vitamin B1: 0.53mg (35.42%), Selenium: 24.1µg (34.43%), Zinc: 5.03mg (33.53%), Calcium: 283.94mg (28.39%), Folate: 106.39µg (26.6%), Iron: 4.65mg (25.85%), Vitamin E: 3.72mg (24.77%), Fiber: 6.18g (24.71%), Vitamin B2: 0.42mg (24.58%), Vitamin B3: 4.48mg (22.41%), Copper: 0.38mg (18.99%), Vitamin K: 19.8µg (18.86%), Magnesium: 72.86mg (18.22%), Vitamin B6: 0.32mg (15.83%), Vitamin B12: 0.81µg (13.47%), Vitamin A: 388.98IU (7.78%), Potassium: 266.35mg (7.61%), Vitamin B5: 0.65mg (6.5%), Vitamin C: 3.18mg (3.85%), Vitamin D: 0.18µg (1.2%)