



Fried Oysters with Pearl Tartar Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



335 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings garnish: chives fresh chopped
- ☐ 0.5 cup cracker meal
- ☐ 1.5 cups flour all-purpose
- ☐ 4 servings kosher salt
- ☐ 6 to 8 oysters in the shell
- ☐ 4 servings vegetable oil; peanut oil preferred
- ☐ 4 servings pearl tartar sauce

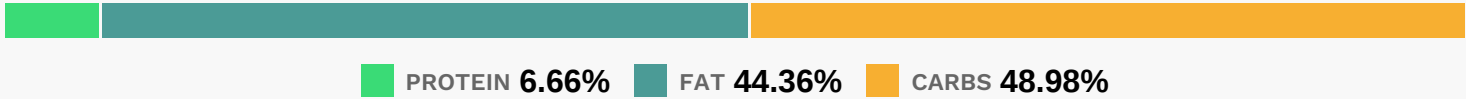
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Shuck oysters, reserving liquor; clean and reserve shells.
- ☐ Place oysters and liquor in a bowl; cover and chill until ready to fry.
- ☐ Pour oil to depth of 2 inches into a Dutch oven; heat to 35
- ☐ Combine flour and cracker meal in a large pie plate.
- ☐ Drain oysters; dredge in flour mixture. Fry oysters, in small batches, 5 minutes or until golden.
- ☐ Drain on paper towels; sprinkle with kosher salt.
- ☐ Arrange reserved shells on a platter.
- ☐ Place a dollop of Pearl Tartar Sauce in center of each shell. Top with a fried oyster.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:25.89, Inflammation Score:-4, Nutrition Score:8.9056521680044%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 334.77kcal (16.74%), Fat: 16.41g (25.25%), Saturated Fat: 2.89g (18.08%), Carbohydrates: 40.77g (13.59%), Net Carbohydrates: 39.3g (14.29%), Sugar: 0.81g (0.9%), Cholesterol: 0.91mg (0.3%), Sodium: 269.36mg (11.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.09%), Vitamin B1: 0.4mg (26.83%), Selenium: 16.67µg (23.81%), Folate: 92.43µg (23.11%), Manganese: 0.37mg (18.59%), Vitamin E: 2.52mg (16.83%), Vitamin B3: 3.16mg (15.8%), Vitamin B2: 0.25mg (14.99%), Iron: 2.63mg (14.62%), Zinc: 1.21mg (8.05%), Phosphorus: 73.89mg (7.39%), Copper: 0.14mg (6.94%), Vitamin K: 6.64µg (6.33%), Fiber: 1.47g (5.87%), Magnesium: 12.6mg (3.15%), Vitamin B12:

0.18µg (3.07%), Vitamin B5: 0.24mg (2.42%), Calcium: 21.12mg (2.11%), Potassium: 66.04mg (1.89%), Vitamin B6:
0.03mg (1.38%)