



Grandma Flaxel's Crispy Fried Oysters

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 large eggs
- ☐ 8 servings kosher salt
- ☐ 8 ounces saltines (no bigger than)
- ☐ 24 dozens oysters medium to large
- ☐ 8 servings vegetable oil for frying

Equipment

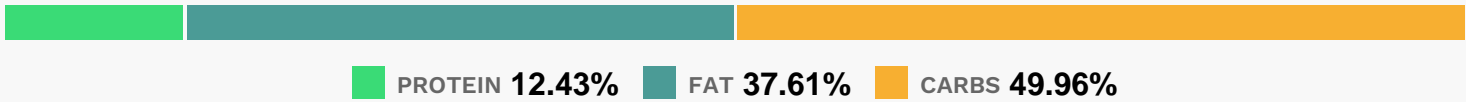
- ☐ bowl
- ☐ frying pan

- ☐ paper towels
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Drain oysters. Beat eggs in a medium bowl to blend.
- ☐ Add oysters and turn to coat completely.
- ☐ Pour half of saltine crumbs into a 13x9x2" baking dish. Working in batches, lift oysters with a slotted spoon, allowing excess egg to drain back into bowl, and transfer to baking dish. Scatter remaining crumbs over oysters and toss to coat. Cover dish and chill for 2–3 hours.
- ☐ Line a plate with paper towels.
- ☐ Pour oil into a medium heavy skillet to a depth of 1/2". Prop deep-fry thermometer in skillet so bulb is submerged.
- ☐ Heat oil over medium heat to 375°F. Working in batches, fry oysters, turning once, until coating is crisp and deep golden brown, about 1 minute per batch.
- ☐ Transfer to paper towels; season with salt.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:7.1204348180605%

Nutrients (% of daily need)

Calories: 172.21kcal (8.61%), Fat: 7.1g (10.93%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 21.23g (7.08%), Net Carbohydrates: 20.43g (7.43%), Sugar: 0.46g (0.51%), Cholesterol: 71.43mg (23.81%), Sodium: 490.75mg (21.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.57%), Zinc: 2.09mg (13.92%), Vitamin B1: 0.21mg (13.82%), Selenium: 9.5µg (13.58%), Vitamin B2: 0.23mg (13.38%), Manganese: 0.26mg (12.79%), Vitamin K: 12.45µg (11.86%), Folate: 47.09µg (11.77%), Iron: 2.1mg (11.68%), Vitamin B3: 1.88mg (9.39%), Vitamin B12: 0.56µg (9.33%), Copper: 0.17mg (8.66%), Phosphorus: 70.12mg (7.01%), Vitamin E: 0.79mg (5.25%), Vitamin B5: 0.43mg (4.31%), Fiber: 0.79g (3.18%), Vitamin B6: 0.06mg (2.88%), Vitamin D: 0.38µg (2.5%), Magnesium: 9.53mg (2.38%), Potassium: 75.56mg (2.16%), Vitamin A: 103.38IU (2.07%), Calcium: 18.48mg (1.85%)