



## Grilled Barbecued Oysters

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup flat-leaf parsley fresh chopped
- 4 garlic cloves minced
- 0.5 cup hot sauce
- 2 tablespoons juice of lemon
- 8 lemon wedges
- 1 tablespoon olive oil
- 48 oysters in the shell scrubbed
- 0.3 teaspoon cracked pepper black

- 0.3 teaspoon salt
- 0.3 cup worcestershire sauce

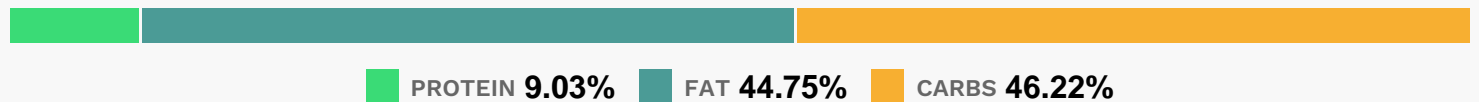
## Equipment

- sauce pan
- knife
- grill

## Directions

- Combine the first 7 ingredients in a small saucepan, and stir well. Prepare grill.
- Place saucepan containing barbecue sauce on grill rack.
- Place oysters on grill rack, and grill 5 minutes or until a few oysters begin to open.
- Remove oysters from heat. Carefully open oysters with an oyster knife, leaving on the half shell.
- Sprinkle oysters with parsley, and drizzle with barbecue sauce.
- Serve with lemon wedges.

## Nutrition Facts



## Properties

Glycemic Index:29.88, Glycemic Load:0.93, Inflammation Score:-6, Nutrition Score:13.535652228024%

## Flavonoids

Eriodictyol: 8.06mg, Eriodictyol: 8.06mg, Eriodictyol: 8.06mg, Eriodictyol: 8.06mg Hesperetin: 11.13mg, Hesperetin: 11.13mg, Hesperetin: 11.13mg, Hesperetin: 11.13mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

## Nutrients (% of daily need)

Calories: 74.27kcal (3.71%), Fat: 4.07g (6.27%), Saturated Fat: 0.6g (3.78%), Carbohydrates: 9.47g (3.15%), Net Carbohydrates: 8.13g (2.95%), Sugar: 3.35g (3.73%), Cholesterol: 6.72mg (2.24%), Sodium: 1179.46mg (51.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.7%), Vitamin C: 52.58mg (63.73%), Vitamin K: 64.92µg (61.83%), Zinc: 6.77mg (45.13%), Copper: 0.55mg (27.71%), Vitamin B12: 1.47µg (24.5%), Iron: 2.37mg (13.15%), Potassium: 298.84mg (8.54%), Vitamin A: 394.79IU (7.9%), Manganese: 0.15mg (7.43%), Vitamin B6: 0.13mg (6.27%), Selenium: 3.98µg (5.69%), Fiber: 1.34g (5.36%), Vitamin E: 0.79mg (5.29%), Calcium: 51.8mg (5.18%), Vitamin B2: 0.08mg (4.56%), Phosphorus: 43.23mg (4.32%), Folate: 15.62µg (3.91%), Vitamin B1: 0.05mg (3.43%), Magnesium: 12.93mg (3.23%), Vitamin B3: 0.47mg (2.33%), Vitamin B5: 0.18mg (1.83%)